

THE  
HEALTH REFORMER.

*Nature's Laws, God's Laws; Obey and Live.*

VOL. 12.

BATTLE CREEK, MICH., APRIL, 1877.

NO. 4.

*Life Sketches.*

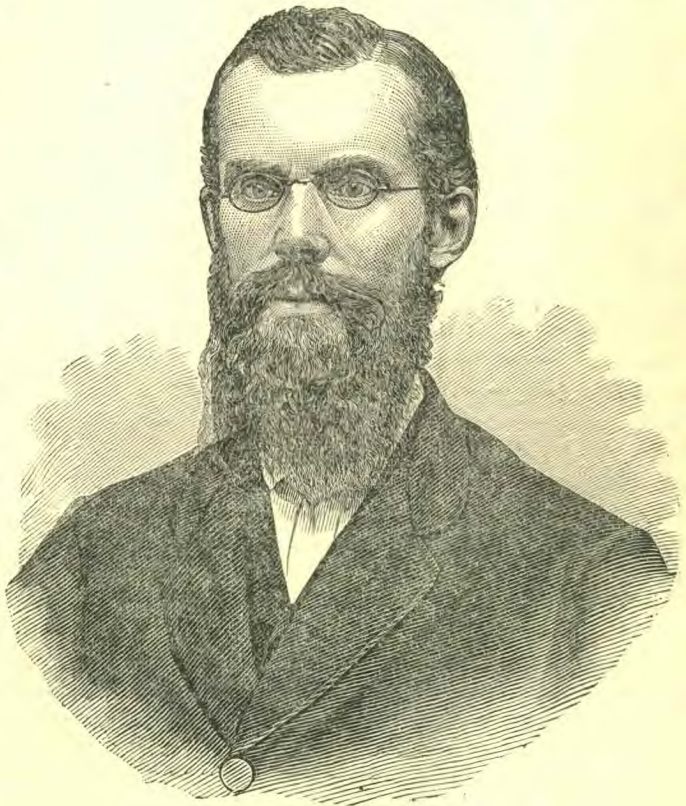
ELDER J. N. ANDREWS.

JOHN NEVINS ANDREWS was born at Poland, Maine, July 22, 1829. His paternal ancestors landed at Plymouth eighteen years after the arrival of the Mayflower, and settled at Taunton, Mass. In the Indian wars that followed, some time after, nearly the entire family were massacred. All of the male members of the family, with the exception of one sick boy who remained at the house, were at work together in a field when the Indians surprised them and got between them and their guns. They were men of great stature, and of great physical strength; and in their determination to sell their lives as dearly as possible, they tore up trees of considerable size and used them as weapons. But the contest was unequal, and the well-armed Indians killed them all.

"Both of my grandfathers," says Eld. Andrews in a sketch from his own pen, "served in the Revolutionary war. Their names were David Andrews and John Nevins. The name of the latter was given to me. As he had no son,

my father was given to him at the age of seven years. Grandfather Nevins was a man remarkable for his piety and kindness of heart. He lived to be very aged.

"My earliest religious conviction was at the age of five years, when I heard a discourse by Daniel B. Randall from these words:



'And I saw a great white throne, and Him that sat on it, from whose face the earth and the heaven fled away.' Rev. 20 : 11. So vivid was the impression made upon my mind that I

have rarely read the passage without remembering that discourse. But it was not until I was thirteen years old that I found the Saviour. This was in January, 1843. I then became deeply interested in the doctrine of Christ's near coming, and I have ever since cherished this faith."

Elder Andrews entered upon the work of the Christian ministry in 1850, at the age of twenty-one, and for twenty-seven years has been a close fellow-laborer and an intimate friend of the writer. He is tall, with slender chest and massive brain, requiring a seven and three-fourths hat. When he entered the ministry he was afflicted with sore throat and cough, and it was the general opinion among his friends that consumption would terminate his life in a few years. His thirst for education was great, yet he could spare neither the time nor the means to take a regular course in school.

His labors as a preacher and writer have been excessive. In connection with his labors as a minister and an author he has taxed his strength severely with the study of Latin, Greek, Hebrew, French, and German. And now in old Bâsel, Switzerland, he dares not trust the proof-sheets of his French paper, *Signes Des Temps*, with educated men who have spoken the language all their lives, so thorough and critical is he in all his literary work. At the same time, he is perfecting his knowledge of the German with a design to start a paper in that language in a few weeks.

And we are happy to here state that Elder Andrews' health has been improving during all the years of his hygienic life since his attention was called to the subject of health reform in 1864. As we have before stated, his prospects for life and health when he entered the ministry in 1850 were most gloomy. And that he should recover his health while laboring intensely hard, depriving himself of seasons of recreation and frequently cutting short the proper periods of sleep, furnishes the strongest proof of the benefits of the restricted diet. He gives the experience of himself and family in these words:—

"My attention was especially called to this subject in the early part of 1864. At that time my son Charles, who was then six years of age, was in a very sad situation. His left leg was withered its entire length, and was

at least one-fourth smaller than the other leg. Fortunately, however, it was not shorter than the other. But his ankle joint was greatly enlarged and quite stiff. When he walked, he turned his foot so far that the toe was something more than at a right angle with the other foot, and actually pointed back.

"This difficulty commenced when he was about two years of age, and gradually reached the sad state which I have described. Myself and wife were deeply distressed. We often prayed God to teach us what to do. We had our son examined by physicians and surgeons, but they were quite at a loss what to say to us.

"In the early part of 1864, while bowed in anxious, earnest prayer in regard to his case, I received clear light that I should place him under hygienic treatment. I had not supposed this kind of treatment sufficiently powerful to effect a change in so desperate a case. But my light was so clear that I determined to act upon it. And now mark the result. Fifteen weeks of strict hygienic living and of judicious water treatment wrought a change in my son little short of miraculous. He walked in a natural manner; the enlargement of the ankle joint had nearly disappeared, and the withered leg had begun to grow.

"He continued to gain in health and strength, for his mode of life at home was the same as that under which such great changes had been wrought. His health became firm, and his left leg became equal in size and strength to the right. He has possessed vigorous health to the present time. When we placed him under hygienic treatment, his mother and myself determined to fully adopt the principles of health reform, and this we did in serious earnest.

"At this time my health was totally broken down. I had labored beyond my strength until I was quite exhausted. I had catarrh in its worst and most offensive form, so that life itself seemed a burden. I suffered at times with salt-rheum, so that my hands seemed to be on fire. I suffered greatly from headache, and almost always in the morning found myself unable to work till after I had eaten something. I supposed the distress in my stomach to proceed from lack of food.

"Now mark the change which followed

when I adopted the principles of hygiene. I substituted graham flour for fine flour; I left off eating butter and meat and all unhygienic articles of food; and I ceased to eat the third meal. One of the first results which I noted was this: I had no more morning faintness, and, I may add, I have not had it since that time. My headache ceased, and has never once returned during all these years. Within six months I found that my catarrh had sensibly abated; another six months gave me entire deliverance from it. The salt-rheum disappeared, and has never troubled me since. I felt like a new man from head to foot. It was evident that God had given me a new lease of life, and I determined to devote that life to him.

"I have since been placed, at certain times, under circumstances which have constrained me to labor far beyond my strength, and have experienced the most intense anxiety. These things have at times told severely upon my strength. But with the blessing of God which has attended my manner of life, I have been able to stand up under all, and to perform a large amount of labor, with a cheerful and buoyant spirit.

"I thank God for what the health reform has done for me and my family. It is his blessing upon the principles of right living which has wrought such important changes in our behalf. I hope to walk worthy of the principles of Christian temperance while I shall live in the world; and I hope to impress the excellence of these principles upon my fellow-men."

No parent has greater cause to thank God for the health reformation than Elder J. N. Andrews; and no son has greater reasons for love and gratitude to his father and his God than Charlie Andrews, who has grown to be a strong, healthy young man. One of the most touching scenes we ever witnessed was the meeting of Elder Andrews and his little son, after an absence from his family of several months; Charlie, in the joy of his young heart on seeing his father, came hopping across the street dragging his crippled limb after him, exclaiming, Father! father! As he reached his father's arms, we heard a deep groan of anguish from that fond parent that told the sorrow of his heart. But, thank God, help came to both father and son; and

now, with a good hold on both worlds, they are laboring side by side in the cause of truth and reform, and together are studying the languages, and devoting their lives to the cause of Christ and humanity. J. W.

#### Wine in the Bible.

MUCH controversy has arisen concerning the bearing of certain texts of Scripture on the question of temperance, or total abstinence. The advocates of moderate drinking claim that the Bible abounds with evidence in favor of the moderate use of alcoholic drinks. Other very able linguists and Bible commentators affirm that the apparent sanction which is given the use of alcohol in a few instances is entirely due to an erroneous or defective rendering of the original. As is well known, the Bible was not written in any modern language. The Old Testament was written in Hebrew, and the New Testament in Greek. The exact meaning of words employed in these languages is not always so easily arrived at as in the case of terms employed in a living language. Yet, by a careful comparison of the use of a word in a great variety of ways and connections, its meaning may usually be ascertained with a great degree of accuracy. An investigation of this kind requires an exhaustive knowledge of the original languages, together with other dead Oriental languages. We lay no claim to the possession of linguistic ability, and are content to rest the matter with the results of the labors of those who have devoted their lives to the subject. We have given a summary of these results in the work entitled, "Alcoholic Poison," and in the tract, "Wine and the Bible."

An esteemed correspondent has recently called our attention to what seems to be a disagreement between some of the lexicographers and the statements in the works noticed. The chief difficulties to which he calls attention are respecting the Hebrew words *shachar* and *tirosh*. Perhaps our correspondent's difficulty will be somewhat relieved by the following paragraphs from various able critics:—

The Rev. Wm. Ritchie, of Scotland, remarks as follows on the subject: "*Shachar* means luscious drink, or sweet syrup, especially of sugar or honey, of dates, or of the palm-tree. The Hebrew word is usually rendered by the translators of our English Bible '*strong drink*.' This is not a happy rendering of the original term. The epithet '*strong*,' for which there is nothing equivalent in the Hebrew, conveys the idea that the

drink is highly intoxicating. But *shachar*, of itself, conveys no such idea. We examine the passages where it is used, and we find it in numerous instances spoken of along with *yayin*; and, as we know this latter word is a general term to denote the juice of the grape, we conclude that *shachar* is a general name for liquor made from dates, grain, or other fruits, the produce of the vine excepted."

Dr. Lees, a renowned critic on questions relating to this subject, says, with reference to *shachar*: "Originally, it signified the juice or syrup of fruits other than the vine, expressed or inspissated; but, subsequently, when the people became corrupted from their primitive simplicity, the pure drink, after it had been drugged or fermented, the 'shachar' which 'is raging.' *Shachar*, therefore, may be regarded as a like generic term with *yayin*; hence, we perceive that they might be applied to two classes of drink, of which each, in its pure and simple state, whether natural or prepared, is equally sanctioned, recommended, or ordained; while each, in its depraved or drugged condition, is alike disowned, disapproved, and denounced.

"*Shachar* was applicable to the following articles: first, the natural liquid syrup, or saccharum, obtained from incision of the palm or pressure of the date; second, the natural syrup inspissated for the purpose of preservation; third, this inspissated juice mingled with drugs,—mixed palm-wine; fourth, the once sweet, luscious syrup, when, from carelessness or exposure to heat and air, it had 'grown tart and bitter,'—fermented *shachar*."

Moses Stuart, whose authority as a critic is of the very highest character, in speaking of the words *yayin* and *shachar*, says: "Both words are generic. The first means vinous liquor of any kind and every kind. The second means a corresponding liquor from dates and other fruits, or from several kinds of grains. Both liquors have in them the *saccharine principle*, and, therefore, they may become *alcoholic*, but both may be kept and used in an *unfermented state*."

This view of the case is confirmed by the fact that the word *shachar* is employed in the original of Num. 28:7, where it is translated "strong wine." It is a well-established fact that nothing which contained the smallest quantity of leaven or had undergone fermentation was ever employed in offerings which were of a typical character. This fact is good evidence that the wine referred to could not have been fermented wine.

Another fact which bears strongly on this question is the fact that the word sugar and the equivalent terms in many different languages

seem to have been derived from the same root with *shachar*, as is well shown by Dr. Lees in the following remarks:—

"The affinity of terms furnishes strong evidence as to the original character of *shachar*. The Arabic *sakkar* or *sukker*, the Sanscrit *sarkara*, Tamool *sakkara* (the primitives of which signify 'sweet salt'), are clearly identified with the Hebrew *shachar*, the Indian *sacchary* and *skyker-kund* (from which last is our sugar candy), the Persian *shukkar*, the Greek *saccharon*, and the Latin *saccharum*. Now these derivations would have been impossible if the Oriental root had not once signified *sweetness*. The affinity is also traceable in all the modern languages. The Spanish and Portuguese word for sugar, derived through the Saracens from the Arabic *sukker*, by adding *a* or *al* (as in *al* and *kohol*), is *azukar*, and the common word *molasses* is an abbreviation of the phrase *mel-de-assucar*, 'honey of sugar.' From the Latin we have our own *saccharine*, the German *zucker*, the Italian *zucchero*, and the French *sucre*, and probably from the German our common words *sugar*, and *sukkar* (a sweetmeat)."

In Kitto's "Cyclopedia of Biblical Literature" we find the following remarks on the word *tirosk*:—

"The usual definition of this term is absurd; viz., that because it is derived from *yarush*, 'to possess,' 'to inherit,' it signifies 'a strong wine which is able to get possession of a man and drive him out of himself'! With Bythner, in his *Lyra Prophetica*, we would adopt the simple derivation of *tirosk* from its passive quality of being possessed, but apply it rather to 'vintage fruit' than to any liquid whatever."

Cassell, Petter, and Galpin, in their able "Bible Dictionary," remark as follows on the derivation and meaning of *tirosk*:—

"*Tirosk*, translated 'wine,' 'new wine,' and 'sweet wine' [Deut. 28:51; Prov. 3:10; Micah 6:15], and so called, according to Gesenius, because 'in intoxicating, it takes possession of the brain.' Taylor, however, says it is 'new wine, either in the grape, or newly pressed out of it.' The word seems to mean grape juice."

"It has been held that *tirosk* always implied the solid fruit of the vine; and if this means that it was the juice in the grape, or immediately after it was expressed, we would not object to it."

With reference to *yayin*, which is also translated wine, in the authorized version, the same author says: "Gesenius thinks that *yayin* comes from a root which meant 'boiling up or bubbling up, being in a ferment.' Fürst, however, supposes the primi-

tive idea to be that of pressing or treading out; so that *jayin* would signify an expressed juice, with no reference to fermentation." The idea of the root from which Gesenius derives the word was fully met in the appearance of newly expressed wine as it rushed, foaming and sparkling, into the vat from the wine-press.

There is no room for doubt that a candid examination of the real meaning of the numerous original words which are translated wine in the common version, instead of giving any license for the use of alcoholic or fermented drinks, proves conclusively that their use is entirely without the sanction of Holy Writ.

### Water vs. Ardent Spirits.

"If," says Hoffman, a celebrated German physician, "there is in nature a remedy which deserves the name of universal, it is, in my opinion, pure water. The use of it is so general, and so necessary to us all, that we can neither live, nor preserve our bodies sound and healthy, without it."

Water is the natural drink of plants and animals of every description, and is the only article which can fulfill those ends for which the introduction of a liquid into the human system is demanded. Its use is equally adapted to every age and temperament,—to every season and climate. It facilitates digestion, and, by its fluidity and mildness, promotes that free and equable circulation of the blood through all the vessels of the body, upon which the due performance of every animal function depends.

Hence, in physical strength, in the capability of enduring labor and fatigue, in the vigor and clearness of the intellectual powers, the individuals whose drink is confined entirely to water far exceed those who substitute for the pure element distilled or fermented liquors.

"Their equal days

Feel not th' alternate fits of feverish mirth,  
And sick dejection,—  
Blest with divine immunity from ails,  
Long centuries they live; their only fate  
Is ripe old age, and rather sleep than death."

Errors in regard to drink constitute one of the causes to which, in a great measure, are to be attributed the increase of disease as society advances in refinement and luxury. It has been computed that since the introduction of ardent spirits into common use more victims have fallen by it alone than by the sword and pestilence within the same period.

A belief is entertained by many that there are certain circumstances, however, which

render the latter a preferable drink to pure water. Ardent spirits are supposed useful to preserve the system from the effects of cold and dampness. The very contrary is the fact.

To drink water during hot weather, or in warm climates, would, it is imagined, lay the system open to the attacks of disease, while a contrary effect is ascribed to the use of ardent spirits. Experience has, however, proved that the latter augment instead of diminishing the pernicious influence of extreme heat. "Rum," says Dr. Bell, "whether used *habitually, moderately, or in excessive quantities*, in the West Indies, always diminishes the strength of the body, and renders men more susceptible of disease, and unfit for any service in which vigor or activity is required." Rush very aptly remarks, that we might as well throw oil into a house, the roof of which was on fire, in order to prevent the flames from extending to its inside, as to pour ardent spirits into the stomach to lessen the effects of a hot sun upon the skin.

"I have known," says the same author, "many instances of persons who have followed the most laborious employments for many years, in the open air, and in warm and cold weather, who never drank anything but water, and enjoyed uninterrupted good health." Dr. Mosely, who resided many years in the West Indies, confirms this remark. "I aver," says the doctor, "from my own knowledge and custom, as well as the custom and observations of many other people, that those who drink nothing but water, or make it their principal drink, are but little affected by the climate, and can undergo the greatest fatigue without inconvenience, and are never subject to troublesome or dangerous diseases."

The instances in which sudden death has occurred from drinking cold water during a heated condition of the body, may probably be urged in proof of the necessity of tempering the water with a portion of ardent spirits; it is to be remarked, however, that it has been found from observation, that the injurious effects of cold water, under the circumstances here referred to, occur principally, or almost exclusively, in those individuals who are habitually intemperate.

We have spoken above of water as a means of preserving health, and of warding off the attacks of disease. The following fact from the page of ancient history will show its power as a restorative means:—

Pomponius Atticus, the friend of Cicero, to whom so many works and letters of the latter are addressed, while laboring under that uncomfortable state of the mind produced by disease of the stomach, became dis-

gusted with life, and resolved to destroy himself. He called together his relations and friends, to communicate to them his design, and to consult with them upon the species of death he should make choice of. Agrippa, his son-in-law, not daring openly to oppose his resolution, persuaded him to destroy himself by famine; advising him, however, to make use of a little water to alleviate the sufferings which would at first result from entire abstinence. Atticus commenced this regimen, while he conversed with his family, philosophized with his intimate friends, and passed many days in thus preparing himself for death. This, however, did not occur; on the contrary, by restricting himself solely to water as his only nourishment, the pains of the stomach and bowels, by which he had been previously tormented, ceased; and he speedily felt himself improved in health and more tranquil in mind. Agrippa now attempted to convince him that as the disease under which he had labored was happily removed, he ought to renounce his design of putting a period to his existence. Atticus confessed, at length, the justness of his son-in-law's argument; he accordingly followed his advice, and lived until a very advanced age.—*Journal of Health.*

### The Garden.

BY DR. J. S. GALLOWAY.

THE value of a good garden, viewed either from an economic or from a hygienic standpoint, is, by the great mass of people, very greatly underestimated. A few of the more common vegetables planted and allowed to maintain an almost unaided struggle with weeds and insects, is the ideal—or if not the ideal, the realization—of quite too many family kitchen gardens. And yet, very few who have space for it think of doing without a garden even of this unprofitable and unsatisfactory kind. It furnishes some things to give variety, though but little to make up a substantial dietary. And this little often includes an undue proportion of the most indigestible and innutritious vegetables.

As compared with a well-stocked and well-cultivated garden, how meager does such a one appear! The true ideal of a garden raises it to a much more important level. It becomes one of the most prolific of the sources from which a well-furnished table is supplied. It contributes daily, or almost daily, the whole year round, the most nutritious and wholesome food, and contributes liberally, too. They who keep a good garden and justly appreciate its value need not be

haunted with visions of tape-worms or trichinæ or any of the fearful diseases more or less frequently resulting from the use of animal food, and from the liability to which no precautionary or prudential measures can secure us so long as we indulge in the use of such food.

To those who have not thought much about it, the quantity and variety of food to be derived from a good garden seems almost incredible. Beginning in early spring with spinach and other varieties of greens, a succession is kept up with the early, medium, and late kinds of peas, bush-beans, beets, carrots, salsify, Irish and sweet potatoes, tomatoes, Lima and other pole beans, green corn, melons, squashes, pumpkins, the different varieties of the cabbage family, early and late, turnips, parsnips, etc., among the annuals, requiring but a single season for their production. Of a more permanent character are asparagus and rhubarb, which fill so important places in early spring, and also the delicious strawberries, raspberries, blackberries, gooseberries, currants, grapes, etc. The list might be even much more extended.

The quantity of ground required to feed a single ox and prepare him for market, would, if cultivated as a garden, feed a whole family for an equal length of time; while the nutritive value of the food so produced is beyond comparison greater than the flesh of the ox when butchered. And whatever we may think of the necessity for animal food, it must be admitted that the variety and delicacy of the products of the garden entitle them to a high rank among nutritive substances. If persons confining themselves to a vegetable diet are, as vegetarians generally think, much less liable to many of the diseases prevalent among flesh-eaters, while mentally and physically are they as strong and enduring; if good health has often followed the abandonment of a flesh diet, when all other means have failed, while evil consequences have rarely, if ever, resulted from the change when judiciously made,—this is a strong reason for giving preference to the products of the garden rather than to those of the grazing ground. That in doing so we should render ourselves less liable to febrile and inflammatory diseases, scrofula, cutaneous disorders, and many of the more troublesome forms of indigestion, cannot well be denied. Tape-worms and trichinæ are known to be of animal origin, and they who eat no animal food are not only safer than others, but are absolutely safe from these horrible pests.

But the hygienic value of a good garden is not to be estimated alone by the quantity and

quality of the food to be derived from it. The pleasant out-of-door exercise, with the pure air and sunlight enjoyed for a few hours daily while caring for the plants, would prove invaluable to men of sedentary habits, and would do much to strengthen the shattered nerves and bring rosy hues to the pallid cheeks of multitudes of wives and daughters made invalids by confinement within doors and by working over hot cooking stoves where the air is loaded with vapors inseparable from the culinary art as now understood and practiced.

The mental hygiene, too, is well worthy of notice. The planning and the preparation of the ground, the study of the habits of different plants and their proper cultivation, the selection of seeds, roots, vines, and trees, the care of them during the season of growth, the harvesting and storing of their products at the proper time and in the best manner, the combination of utility and neatness in all these, and many other things, afford pleasant employment for the mind, which is, otherwise, too often burdened with cares and vexations much less favorable to good mental conditions.

The satisfaction of supplying the table with the products of one's own labor and care is a consideration of no trifling importance.

Is it objected that all these are small things? What if they are small things? Great things, even the greatest things, are but the aggregation of parts, each of which taken alone seems very small. The strokes of an engine are small things, but a succession of them drives the iron horse with its ponderous train across the continent in a few days. The longest life is made up of a succession of moments. If each of these infinitesimal fragments of time brings with it a corresponding amount of pleasure, the whole life will be a happy one though marked by no special seasons of unusual enjoyment. The whole is made up of its parts and the character of the whole, whether good or bad, is but the summing up of the character of the parts of which it is composed. Lost health may be recovered by steps so imperceptible that days or weeks may pass before manifest indications of progress are noticed. In many chronic cases this is the rule, and more rapid progress the rare exception. Make sure of being on the road to health, and if but one step is taken at a time, and the intervals are long, it is far better than to be making more rapid progress in the wrong direction.

—Our greatest glory consists not in never falling, but in rising every time we fall.

## Cookery and Good Living.

BY DR. W. J. FAIRFIELD.

THERE is truth in the remark that "it were well for mankind if cookery as an art were entirely prohibited," so much of the food as it comes from the hands of the cook being made highly indigestible in the process of the kitchen preparation it undergoes. A writer of the last century, speaking of fashionable dinners, says: "For my part, when I behold a fashionable table set out in all its magnificence, I fancy that I see gout and dropsies, fevers and lethargies, with other innumerable distempers, lying in ambush among the dishes." The dinners to which this writer refers are still popular; and in the advance of time the dishes that are prepared for the table seem to depart farther and farther from the simple and natural articles of which man should partake. It is this popular way of applying the art of cookery that should be condemned.

And yet, cookery as an art should take its true position. It should not consist in compounding and preparing the different fruits, grains, and vegetables with lard, butter, soda, salt, the various spices, etc., thus destroying or concealing the natural flavor of the articles prepared. But the art should be established upon true principles, having in view as a result the preparation of healthful and palatable food that can be digested.

The human system, having the power to adapt itself to a great variety of circumstances, may derive sustenance from a large number of substances which evidently are not best fitted to supply its wants, and which were not designed by the Creator for that purpose. And man, having been placed in varied circumstances, surrounded with the unbounded resources of nature, has cultivated his taste to such an extent as to pervert his appetite, and establish injurious habits by discarding in a great measure those articles adapted to his use, and originally so designed, and has supplied such articles as are injurious, and that could not be relished by the natural appetite.

How often we hear the remark about this or that individual, "He is a good liver;" or, "He is a good provider for his family;" or, "He lives on the fat of the land," etc. He a "good liver"! Look at him. Can anything be more absurd than to call him a "good liver," when there is everything to indicate that he is a wretched liver (and has a very bad liver), indulging his unnatural appetite to excess, eating and drinking as though these were the chief objects of life? "A good

provider for his family"! What! is a man a good provider who procures for his family that which is productive of great harm? Many are the persons who have acquired injurious habits while young and under parental care, because they had been then supplied with improper food. To "live on the fat of the land" is to live on those things that will insure the proper development and sustenance of all the various organs and parts of the body, those things that will make a man strong, mentally and physically.

We should all know that, while the most skillful culinary artist can never convert substances which are wholly innutritious and unfit for the stomach into wholesome food, he often does convert that which is good, wholesome food into injurious articles which the depraved appetite relishes and pronounces good, yet which experience, as well as scientific research, proves beyond all doubt to be injurious, and a prolific source of disease. And knowing this, we should take every precaution to secure proper articles for food, and to have our cooks instructed in the true art of cookery, trained to discriminate between the true and the false methods of preparing food. When we advance thus far, we shall have gained much to insure healthful living, and, consequently, dietetically, "good living."

#### Elixir of Health and Longevity.

IN 1728, a person of the name of Villars, in Paris, gave out that his uncle, who, it was well known, had attained very nearly to his hundredth year, and died then only in consequence of an accident, had left him a certain preparation, which possessed the power of prolonging a man's life to upward of a century, provided he lived with sobriety and exercised daily in the open air. When this individual happened to observe a funeral, he would shrug up his shoulders in pity: "If the deceased," said he, "had followed my advice, he would not be where he now is." His friends, among whom he distributed his medicine gratuitously, observing the conditions required, experienced its utility and praised it incessantly. He was thence encouraged to sell it at a crown a bottle; and the sale was prodigious. Now the remedy was, in fact, nothing more than the water of the river Seine, slightly acidulated. Those who made use of it, and were attentive, at the same time, to regimen and exercise, soon found their health greatly improved. To others, who were neglectful, he would observe, "It is your own fault if you are not perfectly cured; you have been intemperate and indo-

lent; renounce these vices, and you will live at least a hundred years." Some took his advice; and the very decided advantage which these latter derived from Monsieur Villar's drops, caused him to increase rapidly in reputation and wealth. The Abbe Pons extolled our quack, and gave him the preference to the celebrated Mareschal De Villars: "The latter," said he, "kills men; the former prolongs their existence."

At length, however, it was unfortunately discovered that Villar's remedy was composed almost entirely of pure water. His practice was now at an end. Men had recourse to other empirics of a far more dangerous character—and to specifics and advice much less efficacious and rational in their nature.—*Dr. Bell.*

#### The Medicine Delusion.

PERHAPS there is no greater delusion than this, in enlightened countries, if we except religious delusions. The people will laugh at the confidence which the poor Indian puts in the "medicine man;" but he gets well under the treatment, nature works out his cure in her own good time, and why should he not give the credit of his cure to the incantations of the "medicine man"? Of course he is confident that these fooleries cured him. In like manner, our people recover from sickness sometimes, in spite of both disease and drugs; and we hear them say, "I know that such a doctor, or such a medicine, cured me." They know it just as well as the Indian knows that the charms of the medicine man cured him. The laws of recuperation and recovery which a kind Creator established within, wrought the cure in both cases.

It is the testimony of eminent physicians that "all our medicines are poisons," and that "every dose of medicine diminishes the vitality of the patient;" and, for one, I have come to be a firm believer in the assertion that "drugs never cure disease." If this article of faith be true, what greater delusion ever possessed the human mind than that which causes people to resort to drugs and nostrums for the cure of every ailment?

The stomach has a specific work to perform, and that is to receive and digest food and prepare it for use in building up the system. It has no use for minerals and poisons, things that cannot be thus used, and, consequently, it can do nothing more than to resort to the best means of casting them out, and thus rid the system of their hated presence. Medicines can furnish the stomach and internal organs with work of this kind to do, and thus call off the vital forces to con-



tend against a new enemy, or new disease; but in doing so, a loss of vitality is sustained, and usually without any advantage in the end.

Nature must do its own work. It is not helped, but hindered, by imposing a new burden upon it by the introduction of poisons. Cease burdening and abusing nature, obey the laws of life, use freely the agencies she has provided, such as pure air, pure food in proper quantities, proper exercise, and sufficient rest, and by proper bathing keep the pores of the skin in a condition to do their office-work, and our chances for life and health will be much better than to vainly look for medicines to cure our ills and prolong our lives.

R. F. COTTRELL.

### Plain Living.

THE *Rural Home* makes the following very sensible remarks on the subject of "Plain Living":—

"There can be no question that much that is considered necessary now-a-days is not so in truth, especially with respect to what we eat and drink. We put into our stomachs what costs us no little money, but does us fearfully more harm than good. We pay more for our food in order that we may have the luxury of dyspepsia, and complain of hard times and poverty when if we lived more plainly we should have abundance, and be at the same time both healthier and happier.

"A Swedish counselor, who had emigrated to Minnesota, determined to make the experiment at how little cost he could sustain life for a year. He found that on Indian meal the cost of living was only about five dollars. The Scotch peasants, who are proverbially strong both in body and mind, live almost entirely on oatmeal and kail, a kind of cabbage.

"If you wish to see how little is necessary for subsistence and even enjoyment, go and watch an Italian laborer on a railroad, while he takes his favorite dish of polenta. This is made by stirring Indian meal into boiling water until a thick mass is formed, much more solid than our ordinary mush. This is divided into large pieces by a string. A lump is taken into the hand and eaten with a slice of sheep-milk cheese to give it a relish. Yet the Italian can accomplish more work than the German, who eats and drinks more heartily.

"The Hindoo is distinguished for the simplicity of his diet, and, though lacking in energy, has a wonderful power of endurance.

Two meals a day of rice or thin cakes made of meal and water, is all that the majority have for their subsistence. There is really no need that any one in a country like this should starve. Sir John Herschel states that bread may be made of some kinds of sawdust, such as will sustain life. According to Dr. Lyon Playfair, a man may lay a pound of flesh on his body most cheaply by a diet of beans or peas, the cost in England being a sixpence, or less. The usual cost at which people maintain their bodies in good condition is many times this small amount,—the difference being spent in the gratification of the palate."

**Tobacco, Whisky, and Beer.**—On the scroll of Time is recorded the startling fact that in the United States—"the home of the brave and the land of the free," (?) in the blessed Centennial year—1876—over *one hundred millions of dollars* were contributed to the national revenues by those who use tobacco, whisky, and beer. This vast sum of money, expended for what the American people could have done very well without—only represents many hundreds of millions uselessly squandered by our citizens in their reckless extravagance. I repeat that this sum seems startling when we consider the wide-spread complaint of the lack of money to meet even the most necessary expenses. What labor was required in the culture and the manufacture of "the noxious weed" represented by the thirty-nine million dollars of taxation for a deadly narcotic! Last year, sixty-two and a half million gallons of spirituous liquors, and nine million barrels of beer, about eight gallons for every voter, were drunk. These vile compounds fetter the will, arouse the passions, degrade and finally destroy body and soul.

A. C. RUSSELLE.

**Discouraging to Smokers.**—Dr. Lawson, late surgeon general of the United States army, says he often observed that when the wolves and buzzards came upon the battle-fields to devour the slain, they would not disturb the bodies of those who had chewed or smoked tobacco until they had consumed all the others among them. And yet there are thousands of presumptuous young chewers and smokers who expect that refined young ladies will be willing to love and cherish all their lives what even buzzards will reject as nauseating and unwholesome.

—The chains of habit are generally too small to be felt till they are too strong to be broken.

# LITERARY MISCELLANY?

Devoted to Natural History, Mental and Moral Culture, Social Science,  
and other Interesting Topics.

## CRITICISM.

WHOEVER thinks a faultless piece to see  
Thinks what ne'er was, nor is, nor e'er shall be.  
In every work regard the writer's end,  
Since none can compass more than they intend;  
And if the means be just, the conduct true,  
Applause, in spite of trivial faults, is due.  
As men of breeding, sometimes men of wit,  
To avoid great errors must the less commit;  
Neglect the rules each verbal critic lays;  
For not to know some trifles, is a praise.  
Most critics, fond of some subservient art,  
Still make the whole depend upon a part:  
They talk of principles, but notorious prize;  
And all to one loved folly sacrifice.

—Pope.

## The Primal Cause of Intemperance.

BY MRS. E. G. WHITE.

ONLY one lease of life is granted us here; and the inquiry with every one should be: How can I invest my life that it may yield the greatest profit? Life is valuable only as we improve it for the benefit of our fellow-creatures and the glory of God. Careful cultivation of the abilities with which the Creator has endowed us will qualify us for elevated usefulness here and a higher life in the world to come.

That time is spent to the very best account which is directed to the establishment and preservation of sound physical and mental health. The precious boon of health is too often illy appreciated by its possessor until the treasure is carelessly lost by transgression of nature's laws, and suffering and disease take its place. Riches cannot purchase health. Inspiration cites us to the case of a woman who had been afflicted for many years, and had spent all her living upon physicians, yet was made worse rather than better by their treatment. And had not the compassionate Saviour taken pity upon her and released her from her infirmity, she would soon have died. This case finds its parallel to-day in many who expend large sums in medical attendance, in the vain hope of inducing a return of their lost health.

It is an easy matter to lose the health; but it is difficult to regain it. One of the most fruitful sources of shattered constitutions among men is a devotion to the getting of money, an inordinate desire for wealth. They narrow their lives to the single pursuit of

money, sacrifice rest, sleep, and the comforts of life to this one object. Their naturally good constitutions are broken down, disease sets in as a consequence of the abuse of their physical powers, and death closes the scene of a perverted life. Not a dollar of his wealth can that man take with him who has obtained it at such a terrible price. Money, palaces, and rich apparel avail him nothing now; his life-work is worse than useless.

We cannot afford to dwarf or cripple a single function of the mind or body by over-work or abuse of any part of the living machinery. So sure as we do this we must suffer the consequences. Our first duty to God and our fellow-beings is in self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable. In order to purify and refine our characters, we need the grace given us of Christ that will enable us to see and correct our deficiencies, and improve that which is excellent in our characters. This work, wrought for ourselves in the strength and name of Jesus, will be of more benefit to our fellow-creatures than any sermon we might preach them. The example of a well-balanced, well-ordered life is of inestimable value.

Intemperance is at the foundation of the larger share of the ills of life. It annually destroys tens of thousands. We do not speak of intemperance as limited only to the use of intoxicating liquors, but give it a broader meaning, including the hurtful indulgence of any appetite or passion. Thousands to-day are suffering the torture of physical pain, and wishing again and again that they never had been born. God did not design this condition of things; but it was brought about through the gross violation of nature's laws. If the appetites and passions were under the control of sanctified reason, society would present a widely different aspect. Many things that are usually made articles of diet are unfit for food, and the taste for them is not natural, but has been cultivated. Stimulating food creates a desire for still stronger stimulants. Indigestible food throws the entire system out of order, and unnatural cravings and inordinate appetites are the re-

sults. "Touch not, taste not, handle not," is a motto that should be carried farther than the mere use of spiritous liquors. True temperance teaches us to abstain entirely from that which is injurious, and to use judiciously only healthful and nutritious articles of food.

The first steps in intemperance are usually taken in early youth. Stimulating food is given to the child, which excites unnatural cravings of the stomach. These false appetites are pandered to as they develop. The taste continually becomes more perverted; stronger stimulants are craved and are indulged in till soon the slave of appetite throws aside all restraint. The evil commenced early in life, and could have been prevented by the parents. We witness wonderful struggles in our country to put down intemperance. But it is found a hard matter to overpower and chain the strong, full-grown lion. If half the efforts that are put forth to stay this giant evil were directed toward enlightening parents as to their responsibility in forming the habits and characters of their children a thousand-fold more good might result, than from the present course of only combating the full-grown evil. The unnatural appetite for spirituous liquors is created at home, in many cases at the very tables of those who are most zealous to lead out in the temperance campaigns. We bid all workers in the good cause God speed; but we invite them to look deeper into the causes of the evil they war against, and go more thoroughly and consistently into reform.

Parents should so conduct themselves that their lives will be a daily lesson of self-control and forbearance to their household. The father and mother should unite in disciplining their children; each should bear a share of the responsibility, acknowledging themselves under solemn obligations to God to train up their offspring in such a way as to secure to them, as far as possible, good physical health, and well-developed characters. Upon the mother, however, will come the heavier burden, especially in the first few years of her children's lives. It is her duty to control and direct the developing minds of her tender charge as well as to watch over their health. The father should aid her with his sympathy and counsel, and share her burdens whenever it is possible to do so.

Parents should not lightly regard the work of training their children, nor neglect it upon any account. They should employ much time in careful study of the laws which regulate our being. They should make it their first object to become intelligent in regard to

the proper manner of dealing with their children, that they may secure to them sound minds in sound bodies. Especially should they spread their tables upon all occasions with unstimulating yet nourishing food. There are but few who carry out the correct principles of health reform in the furnishing of their tables. They are controlled by custom, to a very great extent, instead of sound reason and the claims of God. Many who profess to be followers of Christ are sadly neglectful of home duties; they do not perceive the sacred importance of the trust which God has placed in their hands to so mold the characters of their children that they will have the moral stamina to resist the many temptations that ensnare the feet of youth.

We urge that the principles of temperance be carried into all the details of home-life; that the example of the parents should be a lesson of temperance; that self-denial and self-control should be taught to the children, and enforced upon them, so far as consistent, from babyhood. And first it is important that the little ones be taught that they eat to live, not live to eat; that appetite must be held in abeyance to the will; and that the will must be governed by calm, intelligent reason. Much parental anxiety and grief might be saved if children were taught from their cradles that their wills were not to be made law, and their whims continually indulged. It is not so difficult as is generally supposed to teach the little child to stifle its outbursts of temper and subdue its fits of passion.

Few parents begin early enough to teach their children obedience. The child is usually allowed to get two or three years the start of its parents, who forbear to discipline it, thinking it is too young to learn to obey. But all this time self is growing strong in the little being, and every day makes it a harder task for the parent to gain control of the child. At a very early age children can comprehend what is plainly and simply told them; and by kind and judicious management can be taught to obey. I have frequently seen children who were denied something that they wanted throw themselves upon the floor in a pet, kicking and screaming, while the injudicious mother alternately coaxed and scolded in the hope of restoring her child to good nature. This treatment only fosters the child's passion. The next time it goes over the same ground with increased willfulness, confident of gaining the day as before. Thus the rod is spared and the child is spoiled.

The mother should not allow her child to gain an advantage over her in a single in-

stance. And, in order to maintain this authority, it is not necessary to resort to harsh measures; a firm, steady hand and a kindness which convinces the child of your love will accomplish the purpose. But let selfishness, anger, and self-will have its course for the first three years of a child's life, and it will be hard to bring it to submit to wholesome discipline. Its disposition has become soured; it delights in having its own way; parental control is distasteful. These evil tendencies grow with its growth, until in manhood supreme selfishness and a lack of self-control place him at the mercy of the evils that run riot in our land.

### Holidays Among the Canyons.

BY MARY L. CLOUGH.

COLORADANS are proverbially enthusiastic over their scenery, and the pure air, clear, sparkling water, mighty granite hills, and green, sunny parks of their mountain land. Their vacations are invariably spent among the natural beauties of some alpine retreat, or in wilder adventures among the rocky fastnesses of the interior. They usually start out in small parties, with wagon and saddle-horses, seek some pleasant location, and picnic or camp in the woods upon the bank of some beautiful stream, where they can fish, hunt, botanize, sketch, or ride and ramble about, ever meeting some sudden surprise in the new and magnificent views that open constantly before the eyes. There are no bugs and spiders nor creeping things of any consequence to startle the nerves of timid ladies, so it is very pleasant to go gypseying in the unparalleled weather of the mountain summer, making a divan of the green, flower-embroidered turf, and a canopy of the deep blue sky, while the fresh balmy air, spicy with the breath of the pines, stirs the languid blood of the dweller among towns into fresh vigor.

I have many pleasing memories of such excursions, which, though not involving the fatigue and peril of an adventure across the Snowy Range into some marvelous *terra incognita*, still savor of romance, and furnish material for delightful retrospection. One little trip in particular recurs to my mind as a sunny episode in my first summer vacation in Colorado. Early on the fourth of July I was awakened from my morning nap by the hasty summons of a party of friends just started upon an impromptu excursion into the famous Boulder Canyons. Very few preparations were necessary, and in an incredibly short time we were all loaded in a large spring-

wagon furnished with well-filled lunch-baskets and plenty of warm blankets and rugs.

We were ostensibly a fishing party, and one of our number, Mr. Root, was acknowledged to be the best angler in the mountains. This was no small honor, as the mountain trout are remarkably shy and suspicious, though proportionately large and fine. Mr. Root, submerged head and ears in mines and mills, figuratively speaking, seldom had an opportunity to indulge in his favorite sport, but when he did secure a brief vacation the characteristic energy and dispatch which he carried with business-like fidelity into his sport was really comical. Springing from the old Ethan Allen stock, his power of endurance was equal to that of the gallant old hero of Ticonderoga; and so was his sublime indifference to everything but the object directly in view. In defiance of health, rules, cassimeres, or a wet skin, he, a man fifty-five years of age, would step into the middle of a mountain brook, cold as ice, coming as it did right from the snow-fields, and wade up or down as luck might determine for hours, drawing out one of those fine, shy, speckled fellows at every yard or two, bagging him in a moment and making ready for another. This he called rest and recuperation.

Mr. and Mrs. Root chaperoned the party and furnished their coachman and a spanking team of bays for the occasion. Sheppard, the knight of the whip, was a character peculiar to the far west; one of the men who pride themselves upon the dignity of having driven six-in-hand on a dead run down the Devil's Canyon with a coach-load of people behind him, and a hair's breadth between the outer wheels and a thousand-foot chasm, at the bottom of which a spring torrent snarled over jagged rocks and boulders. His loquacity and stories of personal daring and miraculous escapes would have astonished the decorous, sphinx-like gentry that occupy the coach-boxes of our metropolitan aristocracy. There is a refreshing sense of liberty and equality among these old mountaineers. One ranks with them according to how he rides a horse or wings a wild duck at long range; they hold book-knowledge at a discount. "Wild Kit," with his startling experience of savage warfare, of starvation on the desert, of encounters with wild beasts, of perils by the torrent and avalanche, of aimless wanderings in snow-storms over the vast wilderness of the Range, feels vastly superior to Augustus with his college honors and drawing room culture. What good would the Odyssey do with its dead and gone Greek heroes, real or imaginary, in a genuine Rocky Mountain

bear-fight? virtually reasons "Kit;" and, really, one can't see that it would be any advantage in such an extremity. So our mountaineer calmly examines his gun-lock, and is master of the situation.

The morning was beautiful and we were in high spirits as the horses shook their manes and dashed off along the winding road. At Rollinsville we drew rein and stopped for breakfast; after which we scattered about, enjoying in our different ways the fine scenery and the fresh morning air. Mr. Root, of course, unpacked his fishing tackle and proceeded to "try his luck" in South Boulder Creek, that intersected like a broad ribbon of silver the green meadow-land that spread out along the wide, level canyon. I suppose it was a pretty picture there in the July sunshine, if we who made a part of it could have seen it as it was. May be the idle smoker stretched out under the bridge on the pebbly shore, his head pillowed on a tuft of swamp-lilies, noted the picturesque grouping from under his lazy eyelids. Two of us had climbed to the topmost pinnacle of a rocky bastion that overhung a part of the little village of Rollinsville, and sat talking with our feet among the ferns. Others were gathering flowers along the bank, and two were walking off, arm-in-arm, over the daisied meadow, while the lonely fisher in the distance slowly followed up the stream with rod and line. "Fourth of July" had come to us, but not with blare of trumpet, or crash of guns, or flourish of flags. All in the peaceful quiet we could remember how those brave old heroes ratified our national independence that day nearly one hundred years before.

The morning was waning, so we called an advance and proceeded on our way. The road was good, the forest vocal with the song of birds, and the four or five miles to Middle Boulder were soon passed. This was the location of the reduction-works for treating the silver-ore of the new mining district, known as the "Caribon," situated four miles above, nearly on timber-line. Mills, hotels, stores, and miles of sluicing, had sprung up in the woods like magic in a few weeks, the broad foundations of the reduction-works were in process of erection, ponderous engines were being put together, a hundred axes were heard felling the big yellow pines, buildings were going up all around, tents were pitched upon the greensward—it was the inaugural of a city. A month before I had passed over the same road and a single log shanty was nestled among the trees, and two bare-footed children were making mud-pies on the bank of the creek. "Old Baldy Brown," the proprietor of the ranche, was n't worth a hun-

dred dollars then, and now he had just sold out a third of his land in city lots for \$12,000. Leaving the mushroom town and its busy industry to the left, we drove on three miles further to North Boulder and "Tom Hill's Ranche." This was at the time the best hay ranche in the mountains, and had yielded its owner a handsome fortune. Here he lived with his servants and farm-hands, and kept open house for all comers and goers. He was a warm friend of ours, and met us with a hearty welcome, tendering us his hospitality as long as we would stay. But we had started for a camping-out excursion, and were not to be turned from our purpose. So we selected a good location a little distance from the house in a grove of gigantic yellow pines, and here we pitched our little tent.

We found we were not the only visitors to the ranche. Little groups were scattered all through the woods and over the meadow. Some were fishing, others preparing lunch and occupied in various ways. More drove in until we counted sixty persons, all of whom had come without previous plan or agreement, drifting here, as to one of the quietest and pleasantest places to spend the "glorious Fourth," escaping all the patriotic fire-crackers, and the "eloquent oration," which nobody ever hears. After lunch we all went fishing. But finally the ladies, tired of dragging their lines in the water to no purpose, lingered behind in silvan nooks, making bouquets and reading poetry and hunting specimens, till the golden afternoon waned, and all the gentlemen, but Mr. Root, straggled into camp, tired, hungry, and bringing plenty of fish for dinner. A camp-fire was soon burning, and the savory smell of frying trout pervaded the air. The cloth was spread on the overturned bed of a wagon that lay conveniently near, and the improvised table was loaded with good things. When all was made ready, the question went round, "Where is Mr. Root?" Sheppard was sent out to search for him, and his stentorian voice made the forest ring.

We were becoming seriously alarmed when a weary, muddy, bedraggled wanderer entered the camp, and we recognized our lost friend; but he was minus fishing-rod, fishing-basket, and fish. He was assailed with questions and exclamations, to all of which he made no response. But, having set down to dinner and taken the keen edge off his appetite, he made a clear confession, and told us he had been fishing up stream, and had become very much interested in the sport. Wishing to divest himself of all incumbrance, he threw off his hat and coat and went

on fishing, but this time down stream, toward camp. The trout bit well, and he took no note of time, and went further than he had intended from his clothing. Finally, he became aware that it was growing cool, and discovered that it was getting late. He threw down his fishing-tackle and basket, now full of trout, and hastily retraced his steps. After a tedious tramp he succeeded in finding his hat and coat, and then turned about to go down stream to camp, expecting to find his fishing-tackle and basket on the way. But he looked for them in vain till dark set in, and he was obliged to give up the search.

The woods had been full of people all day, and most of us, skeptical of mountain morals, decided that some unlucky fisher had stumbled upon the basket of trout and thought it would add to his fame as an angler to carry them home as the result of his own day's fishing. But Mr. Root took no interest in the discussion. He was wet and cold, and stretched himself out before the camp-fire and was soon fast asleep. The fire burned brightly, and crept out upon the twigs near where he lay, sparks and cinders fell upon his prostrate body, but he was too wet to catch fire, and steamed and dried while his wife kept guard over him.

The night was calm, but a scarcely perceptible breeze soughed among the tops of the pine-trees, making that peculiar sound, something like the murmur of a sea-shell as you hold it to your ear. We sang songs by the camp-fire, and a night-hawk in a neighboring branch took up the strain and made the night vocal with its questionable music. There was a strange witchery about the time and scene. When it was time to retire, the ladies occupied the tent, and the gentlemen took possession of the wagon. Several times in the night I woke to see the stars smiling on me between the open curtains, and the moon dropping down to the horizon.

We were glad to rise at the first peep of day, for the ground was white with frost, and the air chilly as December. In this locality there is generally a heavy frost even in mid-summer, but vegetation does not seem to mind it in the least, and delicate flowers look up brightly from their frost-bath. The rays of the sun soon changed the silvery powder into sparkling dew. We kindled a fire and exercised the cramps out of our benumbed limbs. Whatever the pleasures of camping out may be, sleeping on the ground of a frosty night is not one of them, although a majority of our party averred that they had never slept sounder. Sheppard brought the lost fishing tackle and basket into camp at an early hour with a great deal of flourish and ex-

planation of his *modus operandi* in conducting the search.

Our jovial host proposed that we should occupy the day in visiting North Boulder Falls, twelve miles distant, at the confluence of the Boulder creeks, and offered himself as guide and general dragoman. This proposition met with a unanimous approval, and we were ready to start as soon as breakfast. Mrs. Root and myself had brought our saddle-horses, and Tom Hill's stables furnished the rest. But just as we were ready to mount, Mr. Root said that he did n't care much about water-falls; he had seen Niagara, and considered it a first-class humbug. Upon reflection he had decided to stay behind and "try his luck at fishing." Expostulations availed nothing; so we reluctantly rode off without him. Just as we turned a sharp curve that shut the camp from our sight we saw him perseveringly catching grasshoppers for bait.

(To be Continued.)

#### Too Much Comfort.

WOMEN break down under too much domestic comfort sooner than under domestic hardships. Thus, people whose days and nights are a series of excitements, high living, and irregular hours, scarcely ever number as many years as those who are obliged to contend with poverty and privations. It is among females in the latter condition that extreme longevity is found.

Men fly about in open air, inflating their lungs with refreshing properties, while their beautiful wives and daughters, with pale faces and tallowy complexions, are lounging on sofas, complaining of *ennui*. How many of them fall like promising blossoms before the fruit is set, killed by kindness. Such is too much civilization.

Traveling for health is nothing more nor less than ranging about for vitality, which all the rich can neither find nor purchase, while the poor have it forced upon them through broken panes and cracks in the walls.

They are pitied because their lot is hard. They have no luxuries for their stomachs; no two-thousand-dollar shawl to protect their white shoulders; no velvet ottomans for their feet; no frescoed apartments to suffocate in, nor down beds for sleeping away life in idleness. But they have what money cannot procure nor physicians furnish, viz., rosy cheeks, sound lungs, white teeth, a good appetite, and other requisites for reaching three-score and ten without converting their homes into a hospital.

A consumptive diathesis is most commonly transmitted from the mother. Whether induced in mothers by exposures or hardships, or transmitted from ancestors, cannot always be ascertained. If there were no consumptive mothers, however, there would be fewer victims of that frightful malady.—*Smith.*

#### Man's Inferiority and Superiority.—

Man by nature is almost the weakest and most defenseless of beings. Brought forth in sorrow, he requires for a long time nutrition from the mother, and a long tuition to enable him to walk. How different from the young of other animals! It is necessary that his food be cooked, and that his body be artificially clothed; and in these respects, too, he differs from the other mammals. In the acuteness of the senses and in muscular development, he is confessedly inferior. The flea has a thousand times his agility; the passenger pigeon, in a half-hour, will pass over an intervening space which to man would be a toilsome day's march. The condor, soaring so high in the air as to appear a mere speck, can sight his prey on the surface, while to man it would be invisible at the distance of a thousand feet; and in the paw of the lion is concentrated the strength of a score of prize-fighters.

But man is endowed with reason, by the exercise of which he makes up for all these deficiencies, repels or subdues all other animals, and places himself at the head of creation. He soars in the air above the eagle's flight; he sounds the depths of the sea beyond the fishes' range; he outstrips the pigeon in his flight over the land; his vision, aided by art, pierces the realms of space infinitely deeper than that of the condor's; and by the pressure of his fore-finger, exerting less strength than would be required to lift a pound weight, he stretches the lordly lion in the dust. Other animals have a restricted geographical range, but man is found amid the icebergs of the north, and beneath the burning heat of a tropical sun. Is it singular, then, that a being thus endowed and so far capable of protecting himself against climate and disease, should be able to survive changes which have extinguished other mammals?—*Prehistoric Races of America.*

**Alaska.**—In 1867 the Russian government sold to the United States all of its possessions in America, comprising an area of more than 500,000 square miles, equal in extent to France, Germany, and Great Britain, stretching from 54° 40' north latitude to the

Arctic Ocean. The sum paid was about seven and a quarter millions of dollars. In this purchase is included Mount St. Elias, the highest peak in North America, rising to the height of more than 18,000 feet, and one of the loftiest single peaks on the globe. The real value of this new acquisition was quite unknown to both buyer and seller. In the southern part, and on the islands, there is considerable vegetation and forests of large trees; and it is said that there is some mineral wealth. But the greater part of the territory is essentially Arctic. It now bears the designation of the Territory of Alaska, an abbreviation of Aliaska, the name of the peninsula stretching into the North Pacific Ocean.

The native population of Alaska is estimated at about 60,000. From the southern boundary up to Mount St. Elias, and on the islands, live the Koloschians, estimated at 20,000. They are of middling stature, of copper-colored complexion, with round faces, thick lips, and black hair. The men wear various ornaments in their ears and noses; the women, when young, insert a piece of ivory in a slit made in their under lip, increasing it in size from year to year, until at last the ornament gets to be four inches wide, projecting six inches from the side of the face. The baidars, or canoes of the Koloschians, are dug out of a single tree, and will carry from twelve to fifty persons. They are usually propelled by paddles, though upon long voyages they are rigged with two or more masts and sails of matting or canvas. They, and indeed all of the tribes, do not bury their dead, but deposit their remains in an oblong box raised upon posts, with the canoe and other possessions of the deceased over the box.—*Polar World.*

—A man in Fairview, Ky., brutalized by drink, having parted with everything else he possessed for the gratification of his remorseless appetite, traded his infant child over the bar for a drink of whisky. The mother with much exertion redeemed the child by paying for the liquor. This is a double illustration of the horrible tendencies of the liquor traffic. The bar-keeper who would accept the child of a debauched father as pay for a drink, is as morally degraded as any drunkard can be.

—“How much did he leave?” inquired a gentleman of an acquaintance, on learning the death of a wealthy citizen. “Everything,” responded the truthful man, “he did n't take a dollar with him.”

# DIETETICS.

"Eat ye that which is Good." As a Man Eateth, so is he.

## Food of the Ancients.

HISTORY affords ample evidence that the food of mankind in the primitive ages of the world was much more simple and wholesome than it is at the present day. The following is an interesting testimony to this effect written by the royal physician of France in the early part of the last century; we quote from the *Dietetic Reformer* :—

"In former times, when people were contented with a little, and that delicacy and pernicious tenderness now too much in vogue were not known, in those times when temperance and frugality were in their full lustre, men made use of but plain foods and such as were easily prepared—I mean fruits and other plants which the earth plentifully supplied them with.

"They had reason to call this the Golden Age, for, besides that men were better and more virtuous than they are now (which yet I shall not take upon me to demonstrate in this place), they were also more strong and robust, lived longer, and were subject to less [fewer] diseases. In a word, the foods which plants afford us are in some measure to be preferred before all others, because they are lighter, easier of digestion, and produce more temperate humours; and, for that reason, our first parents, who lived upon this sort of aliment, were much haleer than we. These foods were as savoury to them as salted and seasoned meats are now to us, which we order a thousand ways, and which are for the most part injurious to our health, because they excite violent fermentations in us, which corrupt our humours, whereby the solid parts of the body lose their recurring virtue, and at last the principles of life are destroyed. And, therefore, we ought not to think it strange, since we have taken the pains to find out such a multitude of different foods which were unknown to our ancestors, that we have introduced a cloud of diseases which they knew nothing of.

"Here a conjecture may be made that it looks as if the food which the God of nature designed for us, and what best agreed with us, should be plants, seeing that mankind were never so hale and vigorous as in those first ages wherein they made use of them. Moreover, we find in plants those things that are not only necessary for life and health, but

also that plants are delicious and pleasant. Lastly, we find that horses, beeves, and elephants live upon nothing but plants, and that these animals are large, fat, very strong, and rarely out of order, which is plain evidence that these aliments are very wholesome.

"Though the foods prepared of vegetables were of themselves sufficient for the support of human life, and that it is likely men were content therewith in the first age of the world, yet they did not long confine themselves within such rules of moderation; they had not only the cruelty to deprive animals of their milk and eggs, but they pursued these poor creatures into their most hidden recesses in order to kill and eat them, inso-much that the swiftest birds and the fish in the deep waters have not been able to escape."

**Sago.**—This is one of the many farinaceous preparations which are sold and used as food. Sago consists almost wholly of starch, and is a very wholesome and nutritious food when combined with other foods which contain the other food elements in abundance. It is not, however, sufficient to sustain life as an exclusive article of diet, since it does not contain, in proper proportion, the nitrogenized and other essential alimentary principles. Davy gives the following description of the origin and preparation of sago :—

"Sago is obtained from the central or medullary part, commonly called pith, of the stems of several species of palm. When the tree is sufficiently mature, it is cut down near the root and split perpendicularly. The medullary matter is extracted, reduced to powder, mixed with water, and strained through a sieve. From the strained liquid the starch is deposited, and, after washing with water and drying, forms the sago flour or meal of commerce. A single tree is said to yield five or six hundred pounds of sago. What is called sago bread is made in the Moluccas by throwing the dry meal into heated earthenware molds, which leads, in the course of a few minutes, to its incorporation or caking together into a hard mass.

"Granulated sago is prepared from sago flour by mixing it with water into a paste,



and then granulating. It consists of pearl sago, which occurs in small spherical grains, and constitutes the kind now commonly employed for dietetic purposes; and brown or common sago, which occurs in larger grains, and was the only kind used in England prior to the introduction of the latter. Both sorts are met with, variously tinted, and the tint is not uniform throughout, the surface of the grain being deep on one side and pale on the other. It may be rendered white by bleaching."

**Drinking at Meals.**—The universal custom of drinking large quantities of fluid with meals is productive of no small injury to the digestive organs. It encourages rapid eating, which, again, occasions overeating. Thus the food is not properly insalivated, and is washed down into the stomach without being sufficiently masticated. The teeth are the only organs fitted for triturating or grinding the food. The stomach has no teeth, and if a mass of coarsely chewed food is hurried into the stomach, a large portion of it must go undigested, not being divided finely enough to enable the gastric juice to act upon it.

Fluids, taken in excess, with food, do further mischief; they dilute the gastric juice, thus rendering it incapable of acting upon the elements of the food. Before the digestive process can begin, the fluids must be absorbed; and this unnatural task delays digestion, and weakens the digestive organs.

Cold drinks reduce the temperature of the stomach, and thus impede digestion. Hot drinks are at first stimulating, but leave the stomach in a relaxed condition, and thus weaken its powers. Tea, coffee, and chocolate occasion other injurious effects by reason of the specific poisons which they contain.

**Tender Meat.**—Those who use animal food are always desirous of obtaining "tender" meat. In order to satisfy the demand for such food, the butcher and the producer resort to all sorts of devices. The former keeps the flesh of slaughtered animals after they are killed until decay has begun, in order that the natural firmness and elasticity of the tissues may be overcome by processes of decomposition. The latter treats his animals in such a manner previous to their death that their tissues become softened and disintegrated by disease. There are several means employed to effect this; chief among them are confinement and overfeeding. An exchange gives the following translation of a description of how young pigeons are fattened in

Germany, as given in the North German *Allgemeine Zeitung* :—

"In order to fatten young pigeons quickly, put them, on the twentieth day, or when they commence to get feathers, into a basket with a soft layer of moss or hay on the bottom, in a place which freely admits the air, but excludes the light. Feed the birds three times daily, at intervals of five hours each, with cooked maize, opening their beaks and making them swallow successively thirty to forty grains each. The maize should be warm, but not hot. By continuing this treatment ten or twelve days, the birds will become most tender and delicate."

Such meat would doubtless be "tender" enough to suit the most fastidious epicure. In this respect the plan suggested would certainly be perfectly successful; but great care would be necessary lest nature should succumb and actual dissolution of the poor birds occur before their heads were chopped off. Mr. Bergh would arrest the perpetrators of such cruelty.

**Poisonous Peas.**—The modern infatuation for the poisonous adulteration of food and other articles of domestic use has recently developed in a new quarter. An English chemist has discovered that copper is used in French canned peas to preserve their green color. Several cases of poisoning have recently occurred in England which were traced to this source. If the mania for the poisonous sophistication of food continues to increase at the present rate, it will become necessary that every cook should be an expert chemist in order to be able to analyze every morsel of food not purchased in its natural state.

PRINCE GORTCHAKOFF, the Russian Premier, is noted for his abstemious habits. He never drinks wine and never smokes. He eats but two meals a day. Retiring very early in the evening, he sleeps ten or twelve hours. His regular habits have kept his frame in such excellent condition that he does not feel the infirmities of old age at all. He was born in 1798, entered upon his diplomatic career under Count Nesselrode, and became the Foreign Minister of Russia at the close of the Crimean campaign.—*Dietetic Reformer*.

—The *Journal of Chemistry* very truthfully says that a soup made of peas, barley, and other vegetables, will contain more real nutriment than six times its cost of butcher's meat.

THE  
HEALTH REFORMER

BATTLE CREEK, MICH., APRIL, 1877.

J. H. KELLOGG, M. D., EDITOR.

TERMS, \$1.00 A YEAR.

Hygienic Talk.

SOME people, perhaps many, imagine that hygiene is a subject which concerns only what one eats and drinks. Others, with broader views, will include questions relating to healthful clothing, ventilation, and general sanitary measures, in their idea of hygiene. But hygiene, in its broadest sense, relates to every act of life. It concerns not only eating, drinking, sleeping, dressing, and exercising, but talking. It is just as truly unhygienic for one to talk improperly as it is to eat improperly. Improper talking may not directly impair digestion, but it will work injury to the mind, the brain, and may, indirectly, affect the whole nervous system and through that the whole body.

An individual cannot utter evil words without thinking evil thoughts. Every evil thought leaves a foul blot upon the mind. Thought is the result of cell action of the brain. Evil thoughts are the result of abnormal cell action. Good thoughts result from normal cell action. The structure of cells is changed by their activity. Hence, if a cell acts abnormally, its structure becomes abnormal also, so that it produces evil thoughts more easily than good ones. In this way evil thoughts, whether they are accompanied by improper words or not, impair the structure of the brain and make it evil also.

Sin, wickedness, is unnatural, abnormal, unhealthful. Hence, anything which tends to in any way impair the structure of the body so as to make it incapable of performing its normal functions, must be decidedly unhygienic. We may justly claim, then, that evil words, together with evil thoughts, are unhygienic and injurious.

We might specify at some length the different kinds of "unhygienic talk," as profan-

ity, vulgarity, etc., but we would call attention especially to the great prevalence of unchaste talk. On this subject perhaps we cannot do better than to quote the following paragraphs from a new work just issued from this Office, entitled, "Plain Facts about Sexual Life:"—

"Out of the abundance of the heart the mouth speaketh.' 'Every idle word that men shall speak, they shall give account thereof in the day of Judgment.' 'By thy words thou shalt be condemned.' Matt. 12 : 34, 36, 37. In these three brief sentences, Christ presents the whole moral aspect of the subject of this paragraph. To any one who will ponder well his weighty words, no further remark is necessary. Let filthy talkers but consider for a moment what a multitude of 'idle,' unclean words are waiting for account in the final day. And then let them consider what a load of condemnation must roll upon their guilty souls, when strict justice is meted out to every one before the bar of Omnipotence, and in the face of all the world—of all the universe.

"The almost universal habit among boys and young men of relating filthy stories, indulging in foul jokes, making indecent allusions, and subjecting to lewd criticism every passing female, is a most abominable sin. Such habits crush out pure thoughts; they annihilate respect for virtue; they make the mind a quagmire of obscenity; they lead to open acts of lewdness.

"But boys and youths are not alone in this. More often than otherwise, they gain from older ones the phraseology of vice. And if the sin is loathsome in such youthful transgressors, what detestable enormity must characterize it in the old.

"And women, too, are not without their share in this accursed thing, this ghost of vice, which haunts the sewing circle and the

parlor as well as the club-room. They do not, of course, descend to those black depths of vulgarity to which the coarser sex will go, but couch in finer terms the same foul thoughts, and hide in loose insinuations more smut than words could well express. Some women who think themselves rare paragons of virtue can find no greater pleasure than in the discussion of the latest scandal, speculations about the chastity of Mrs. A. or Mr. B., and gossip about the 'fall' of this man's daughter or the amorous adventures of that woman's son.

"Masculine purity loves to regard woman as chaste in mind as well as in body; to surround her with conceptions of purity and impregnable virtue; but the conclusion is irresistible that those who can gloat over others' lapses from virtue, and find delight in such questionable entertainments as the most recent case of seduction, or the newest scandal, have need to purify their hearts and re-enforce their waning chastity. Nevertheless, a writer says, and perhaps truly, that 'the women comprise about all the real virtue there is in the world.' Certainly if they were one-half as bad as the masculine portion of humanity, the world would be twice as bad as it is."

#### A False Alarm.

DURING the last few months an advertisement has been widely circulated which began with the startling dictum, "Avoid 'Graham'!" The remainder of the advertisement was devoted to a graphic description of the imminent danger of certain death in which every person placed himself who ventured to partake of such terribly pernicious articles as "Graham" flour (!), crushed wheat (!), cracked wheat (!), and other similar preparations. The *Witness*, a very respectable paper published in New York, refused to publish this advertisement because to do so would be "to deny the editorial teachings of the paper and to state a falsehood;" a very good reason indeed; and yet a journal evidently managed in the interest of the parties issuing this advertisement felt itself called upon to accuse the agent of the *Witness* of bigotry and indecency in taking this course. Candid people will not find it difficult to decide where the bigotry and indecency belong.

The journal referred to fairly represents the animus of the advertisers in the following remarks respecting all kinds of whole-grain preparations, including those above mentioned:

"To eat them habitually, is to so deplete the system as to make it a ready prey of dangerous disease; to arrest the peristaltic motion of the stomach; to render the emulsification of all food imperfect and ineffectual; to drain the whole intestinal canal of vital fluid; to compel the most dangerous form of hemorrhoids; to induce fatal anemic conditions, in short—to destroy human life.

"Now, the old 'Graham' humbug is completely exploded, and no man who claims to be a teacher, a manufacturer of public sentiment, an educator of mankind, has the smallest right to be ignorant of the fact. Especially has he no right to withhold light of such vast importance from others, however benighted or bigoted he may be himself.

"We do not wish to dwell on this theme, because we have little patience with stupidity wherever it exists, but we will add that the day has well-nigh passed when bran is to be employed as food. It is flinty, insoluble, indigestible; and while some thick-skinned persons—like the Indian and the negro—can survive its continued use, it is clearly harmful in the large majority of cases. Graham was wise enough to observe that the dark, soluble part of the grain was the best part of it, but he did not know that this good portion could be separated from the hully bran. So he directed that the whole thing be swallowed, and hence a multitude of poor creatures have struggled or died miserably, because of the teachings of this false prophet of hygiene. Let us hope that there are few public instructors who will be found guilty of advocating this ancient and exploded error."

We sympathize with the writer of the above in his dislike of stupidity, but find ourselves at something of a loss to determine whether the absurd and untruthful statements which he makes are prompted by stupidity, ignorance, or a penurious grasping after the "almighty dollar." They are equally false and ridiculous upon any hypothesis; and any one who can pronounce Sylvester Graham a "false prophet of hygiene" is evidently totally ignorant of the teachings of that noble man, too "stupid" to comprehend the first

principles of hygiene, or cruelly malicious in his motives.

We do not hesitate to say that the assertions made by this conceited "false prophet" are false, for we are prepared to prove them such. He says that to eat Graham bread and similar articles of food habitually is to "so deplete the system as to make it a ready prey of dangerous disease," etc. This we know to be false, for we are personally acquainted with hundreds of persons who have habitually used these articles for eight or ten years; and instead of becoming the victims of such terrible disorders they have steadily improved in health all the while. We can cite hundreds of cases in support of the assertion that the use of Graham flour or wheat meal has been largely instrumental in the restoration to health of persons who had been invalids for several years; and we think it is yet to be proven that the use of this kind of food has been the cause of death in a single instance.

It is true that there is now and then a person whose stomach is morbidly sensitive, with whom coarsely ground wheat meal does not agree so well as that which is finely ground, or which has been deprived of the coarser portion of the bran by sifting through a coarse sieve. But for the majority of persons whole-wheat or Graham flour is preferable to any other.

The explanation of this unjust attack upon a man whose memory has long been sacred as that of a philanthropist and an able teacher of hygiene, is found in the fact that, as usual in such cases, the agitators, whose ostensible motive is to benefit humanity, have an "ax to grind." After descanting at length upon the pernicious character of Graham and other whole-grain preparations, they announce that they are prepared to furnish preparations which are entirely free from these grave objections. All of their denunciations of the ordinary preparations from wheat are for the purpose of exaggerating the merits of their own commodities.

We have nothing to say against preparations of the grains from which the outer hull has been removed. In some cases, such preparations are greatly preferable to those which contain the whole bran, as before intimated. What we object to is the unprincipled

manner in which these preparations are being urged upon the public. We hope that no one will be led astray by these foolish tirades of interested parties, who make their assertions plausible by a slight admixture of truth. No one need be frightened out of the use of good old-fashioned Graham flour and cracked wheat. If any unpleasant looseness of the bowels is produced by the use of coarsely ground Graham flour, all that is necessary is to sift it with an oat sieve before using.

#### The Blue-Glass Humbug.

NO BETTER confirmation of the assertion of a cynic, that people "love to be humbugged," has been recently afforded than in the blue-glass delusion, which has in some sections acquired almost the character of an epidemic. Whether there is a popular fondness for being deceived or not, there is certainly a manifest tendency to receive with readiness almost any novelty in the shape of a remedy for disease if it is only heralded with a sufficient amount of assurance and is backed by a few reputed "cures."

Basing their confidence upon such grounds as these, hundreds of people have recently been led to make a trial of the blue-light method of treating disease. Quite a business has been established in the manufacture of blue or cobalt glass. In some cities, scores of windows may be seen ornamented with a few panes of "Gen. Pleasanton's blue glass." Every day we pass a window in which hangs a frame containing alternate panes of blue and colorless glass, behind which sits a little cripple suffering with disease of the spine. His fond parents are vainly watching for the magic influence of the blue light to be manifested in restoring their little one to health. No doubt hundreds of others are pursuing a similar course.

We have not space to give in detail all the claims which Gen. Pleasanton makes for the blue light, nor to show, as might readily be done, the absurdity of each one. A careful examination of his experiments will show that they were not conducted in a scientific manner. There were large chances for error in all of them. When analyzed carefully it is found that they are wholly in-

competent to establish the value which he attaches to blue light as a remedy for disease.

One grave objection to Gen. Pleasanton's theory is that it does not harmonize with science and the well-known laws of optics and electricity. He claims that the blue glass not only isolates, but increases, the intensity of the actinic or chemical rays. Careful experiments, conducted by competent observers, have shown that the only difference between blue light and colorless light is that the other rays are imperfectly filtered out by the blue glass, the blue or violet rays being allowed to pass through. It has been proven, however, that the blue light contains much less of the actinic or chemical properties of light than colorless rays. The blue light, in effect, is only ordinary light diminished in intensity.

It is not surprising that numerous "cures" are reported as having resulted from the use of this new remedy. Every new remedy can boast of as many "cures." Some of these, without doubt, are the effect of the imagination, which has long been recognized as a powerful agent in the treatment of the sick. It should also be borne in mind that in the use of the blue light the patient is also subjected to a sun bath, the great therapeutic value of which has long been recognized. No doubt the larger share of the good results claimed for blue light are really due to the colorless rays which are mingled with the blue.

But it may be suggested that experience might prove the value of a remedy even though its effects could not be accounted for on scientific principles. We might question the truth of this position without injustice; for true science and correctly interpreted experience always harmonize. Nevertheless, a practical trial of the merits of the remedy will be the criterion by which the general public will judge it.

For the purpose of testing the value of the blue light when compared with colorless light, we had one of our four sun-bath rooms at the Health Institute arranged for the use of the blue light according to the most approved fashion. After a trial of two months we are unable to see the least advantage which it possesses over the clear, natural sunlight just as it was made by the Creator. It really seems quite improbable that the Om-

niscient should have made so great a blunder as to have so clumsily mingled the constituents of sunlight that it was necessary for Gen. Pleasanton to invent a means to filter out the deleterious rays.

Correspondents who have asked our opinion of blue light will understand from the foregoing that we consider it a humbug.

### Nervousness and Narcotics.

NARCOTICS, nervines, and stimulants are among the most deadly scourges of modern civilization. The use of alcoholic drinks has long been recognized as a foe against which the most energetic warfare should be urged. But while the evil of intemperance in the use of alcohol has been thoroughly exposed, and while warnings innumerable have been uttered against it, there has been stealthily and insidiously rearing itself into gigantic proportions an evil practice quite as pernicious in character as liquor-drinking. We refer to the habitual use of opium in its various forms, chloral, and kindred drugs. The effects of these destructive poisons are seen in the great increase of nervous diseases. A writer in *Cassell's Magazine* makes the following sensible remarks on this subject:—

"Nervousness is one of the prices we have to pay for civilization; the nervous savage is a being unheard of. For this disorder, which is partly of mental and partly of bodily nature, relief is sought in various ways, and among these we may place the employment of narcotics. The temporary relief afforded by these drugs is very apt to lead those who suffer from nervous sensations to put too much trust in and resort too frequently to them. In the long run they prove most destructive to health. Their use has of late become so frequent as to threaten society with a serious evil. It has been boldly contended that chloral is to be found in the work-boxes and baskets of nearly every lady in the west end of the metropolis, 'to calm her nerves.' No doubt this is an exaggeration, but it is a fact that New York chloral punch had become an institution scarcely a year after the introduction of chloral into medical practice, and now it turns out that Germany—'sober, orderly, paternally ruled Germany'—has such a thing as morphia disease spreading among

its population. The symptoms are not unlike those of opium-eating. Experience suggests that persons suffering from this disease should at once be deprived of the drug. Their willfulness and liability to relapse, however, are so great, that it is said that only about twenty-five per cent. have been seen to recover in a large series of cases."

**Cultivating Dyspepsia.**—The majority of people are obstinately unwilling to listen to any warning respecting the danger attending unhealthful dietetic habits until their stomachs are almost hopelessly diseased. They go on with their reckless eating and drinking, day after day, always insisting that they are receiving no injury, until they suddenly awake to the fact that they are fully in the clutches of that hydra-headed monster, dyspepsia.

King James I., of England, said that if he were called upon to provide a dinner for Satan, his bill of fare should consist of a roast pig stuffed with tobacco. From the way the majority of American people treat their stomachs it might reasonably be supposed that they were quite as willing to destroy the health of their digestive organs as King James was to give the devil a fit of indigestion.

There are scores of ways in which dyspepsia is cultivated. It flourishes around the sideboards of the rich, in the dining rooms of hotels and restaurants, and wherever any of the laws of health are violated. If dyspepsia is a national disease in this country, it is because especial pains is taken to cultivate it here. Of all the bad habits of Americans, none need reforming more than their dietetic errors, and yet so great is the general apathy upon the subject that it is next to impossible to interest any one in the matter with the exception of an occasional invalid who has used his stomach for a general depository of all sorts of regular and irregular drugs, quack nostrums, and patent medicines, in addition to innumerable dietetic abominations, until it refuses longer to perform the functions of a garbage box, and demands more decent usage. When people learn to eat and drink hygienically because it is right and in harmony with nature's laws, dyspepsia will become as obsolete as the fossil vegetation of the carboniferous period.

**Phosfozone.**—A writer has said that the American people love to be humbugged. If this is true respecting sight-seeing, and we fear it is, one would naturally suppose that in matters pertaining to so vital interests as those relating to life and health, people would prefer to be honestly dealt with. That the popular penchant for humbugs is as strong in this direction as any other, is fully attested, however, by the implicit confidence which thousands place in the flaming advertisements of patent nostrums which abound in the public prints.

The phraseology alone of these pretentious advertisements ought to be sufficient to indicate to any one their real character. They betray an amount of bigoted ignorance and brazen assurance unequalled in any other productions in the English language, to say nothing of the palpable falsehoods which they embody.

The following is a fair specimen of this kind of literature :—

"PHOSFOZONE!—*How to restore health, how to guard the body against disease*, are questions which all persons have to answer at one or more periods of their lives. And as brain work and mental excitement are now the rule of our lives, we must respond to their demands or die. To supply the demand, 'phosfozone' is brought before the public. We have been careful not to exaggerate its powers and its virtues. It is brain food, nerve tonic, muscle grower, bone producer, all in one."

The absurdity of the above is so patent that the most obtuse reasoner could scarcely fail to recognize it; yet thousands will patronize the manufacturer of this fraudulent compound.

**Stupid Pleasure.**—The official who reported on specimens of tobacco exhibited at the Paris Exposition, after presenting his estimates of the aggregate annual production of the weed, remarked :—

"The enormous figures which have passed before the reader's eye testify to the facility with which people fall into excessive expense for the gratification of a pleasure which has for its principal aim to kill time and to stupefy the mind."

# PEOPLE'S DEPARTMENT?

Devoted to Brief Discussions of Health Topics, Individual Experiences, and Answers to Correspondents.

**Success of Simple Remedies.**—Not a single day passes in which we do not see some evidence of the remarkable potency of simple remedies in the treatment of disease. A patient is suffering from a burning fever which has continued several days in succession; a sponge bath or a wet-sheet pack gives him almost entire relief. A nervous invalid is tormented with neuralgic pains throughout the body which allow him no rest day nor night; a single application of electricity gives entire relief. A person is suffering the excruciating pains of rheumatism; an electro-vapor bath makes him entirely comfortable.

We are in the constant receipt of letters from all parts of the country extolling simple remedies for the treatment of disease, and citing illustrative cases. A Michigan lady writes of a case of inflammation of the bowels in a small child, in which the gravest symptoms were manifested. The child was insensible, its skin was livid, eyes glassy and staring, bowels tense, and abdomen purple. Fomentations alternated with cool compresses gave entire relief in a few hours.

Another lady sends an account of a case of pneumonia. The patient was a young man. The disease was occasioned by exposure, and he was very quickly prostrated. A physician was called, who gave him the usual drugs, but he continually grew worse. At last his symptoms became so grave that the doctor ordered a discontinuance of the medicine, and after calling in counsel, the case was pronounced a hopeless one. At this time the patient had been insensible for six hours, his face and hands were purple, he breathed with great difficulty, and there was a loud "rattle in his throat." The friends gathered around him in tears to see him die; and, to all appearance, dissolution was approaching fast. At this juncture, a lady friend of the family, who knew something of hygienic treatment, suggested that water should be tried. After bathing the chest and arms, the patient was given a wet-sheet pack. In a few hours he was entirely rational and progressing well toward recovery, much to the chagrin of the physician who had left him to die, and was quite angry with the friends for applying treatment which he had not prescribed.

**What Health Reform Does.**—It is often wonderful to mark what an entire revolution is wrought in a home into which the practice of health reform is introduced in a thorough manner. Sickness gives place to health. Impatience, gloom, and despair are replaced by cheerfulness, hope, and evenness of temper. A foreigner, who has been greatly benefited through the perusal of the HEALTH REFORMER, sends us a very interesting account of what has been done for him. Though his letter shows some lack of familiarity with the English language, it will doubtless interest our readers. We give it with a few emendations.

DEAR REFORMER: Three years ago you found me, with my family, in a deplorable condition; but by your good counsel and advice I have been able to battle against many enemies which for a long time I had received and entertained as friends and helpers in the course of this life. They had treated me in such a manner that it was not difficult for me, with your teachings, to see that those things which I thought friends were really enemies, working to put me to death instead of doing me good, which no doubt they would have done had I not discovered their treason.

Mr. Tobacco Smoking, the great captain, and Tobacco Chewing, his companion, when I first got acquainted with them almost killed me; but they flattered me in such ways that I received them as friends and entertained them for twenty-three years, though not without suffering much from their insults. At last they made of me a poor invalid, so weak that a gentle breeze would blow me down.

Thus I was when you found me, dear REFORMER, about three years ago. I was also beset by a few soldiers of the great captain, Tobacco, who are of good repute in the world, always promising peace, joy, and happiness; but by your advice I soon learned to recognize their true character as hypocritical murderers. Among them were Messrs. Whisky, Brandy, Bitters, Beer, Coffee, Tea, Pepper, and many others. I have given up all friendship with these deceivers, and am seeking to become acquainted with better friends; for they persecuted me nearly to death in pretense to help me, and do me some good.

At the time the REFORMER found me I

had become reduced by bad habits of living to so poor a condition that I was little more than skin and bones, and was almost deprived of life. My dear wife was afflicted with hysteria and other terrible diseases which nearly killed her. Although she consulted with the best physicians and took their medicine, she continued to grow worse and worse until she had two fits a day. Both of us were in despair, when our attention was called to the HEALTH REFORMER. Having no other hope, we began to investigate the subject of health reform and to follow the teachings of the REFORMER. My wife was then very fleshy. After six months of strict reform she became reduced in flesh, but was much stronger, and was nearly free from her diseases. I was also greatly bettered. Now both ourselves and our children are in perfect health. I am stronger and stouter than at twenty-five.

After six months of reform, all our friends and relatives prophesied our speedy starvation and death; but now they don't know what to say. Thanks to the dear REFORMER, we came off victorious; and we are not yet ready to go back to Egypt to suffer.

**An Item of Experience.**—As I have been an invalid for eight years, and “suffered many things of many physicians,” I would esteem it a privilege to say a few words to the readers of the REFORMER. Improper diet and wrong habits brought upon me dyspepsia, liver complaint, and other diseases too numerous to mention. The most simple diet became indigestible, and soon my nervous system became entirely prostrated. Besides taking an unknown quantity of patent medicines, one doctor after another was recommended and employed until eight had exhausted their skill in preparing drugs for me, yet I “was nothing bettered but rather grew worse” until discouragement and gloom settled over me, life was but a weary burden, and I longed to die. My mind became so weak that at times I was like a child and did but little else than weep over my condition. Everything looked dark and dreary. Even nature, in all her loveliness, had no charms for me. Sleep fled from me, and I became so reduced in flesh that it was thought impossible for me to recover.

I visited the mineral springs for three seasons, and while there my strength would seem to improve, but on returning home I would relapse into my former condition, and no permanent benefit was secured. What to do next I did not know; but about that time I read Dr. Gunn on the use and appli-

cation of water, and applied it in my own case. I soon began to realize some benefit from the bath, when my mind was called to my wrong habits. I noticed that when I ate plain food without much grease I felt better than when indulging my appetite in these things. I began to eat unbolted wheat bread, and abandoned the use of swine's flesh altogether. I now use no grease of any kind except cream. Coffee, tea, and tobacco have lost their sweetness, and food tastes good without condiments. I have carried out the two-meal system long enough to become satisfied of its beneficial results.

The people of this country are slow to adopt anything new, and my friends, thinking my course a strange one, tried to dissuade me from it, saying, “You will be injured;” but I feared no danger, and now they too see the result, and congratulate me on my good health. And well they may; for now I am able to perform the ordinary duties of life with ease, and feel cheerful and happy.

I have been taking the HEALTH REFORMER since last August, and I cannot find language to express my gratitude for the light received through its columns. By following its advice, it has saved me many pains, and perhaps from an untimely grave. And now with returning health, I can bid it God speed. I only regret that I did not have its teachings before. To those who are afflicted, I would say, Read the REFORMER that you may learn how to live and enjoy health.

MARY A. RIFE.

Timberville, Va.

## Questions and Answers.

**Drug Medication.**—J. M. B., Mo., inquires: At what time in man's history was medicine not given?

*Ans.* When he lived in the garden of Eden, before “the fall.”

**Sour Stomach.**—Mrs. D. would like to know why it is her stomach sours, no matter what she eats.

*Ans.* You have dyspepsia.

**Hygienic Diet—Wheat and Corn.**—R. E. S., Ga., asks: 1. When a person adopts a hygienic diet, why does he eat so heartily? 2. Which has the more nutriment, wheat, or corn?

*Ans.* 1. Because he has a good appetite. Sometimes the appetite becomes a little morbid, demanding more food than is necessary for nutrition; this is due to the systematic disturbance consequent upon a change of diet.



After a short time the appetite becomes natural, unless the morbid craving for excessive quantity is encouraged by indulgence. 2. Corn contains a little larger percentage of nutrient elements than wheat. Wheat contains more gluten, and corn the larger proportion of oil. As an article of food for long-continued use, wheat is preferable to corn.

**Tobacco-chewing, etc.**—E. H., Pa., wishes to know if the disuse of tobacco will cause obesity, together with rheumatism and a skin disease.

*Ans.* No; neither do the results mentioned occur in consequence of too sudden a discontinuance of the drug. One who has used tobacco for any length of time may discontinue it without fear of injury. The unpleasant symptoms which are felt during the first few days may be greatly relieved by proper treatment.

**Sore Throat.**—F. M., Mich., says that his daughter is suffering from chronic sore throat, of which he wishes to know the cause. She has recently had diphtheria; eats pork, and drinks tea and coffee.

*Ans.* Your daughter probably has chronic pharyngitis. This disease is very difficult to cure, incurable, in fact, without a radical change in dietetic habits. Pork, tea, and coffee, and all other hurtful articles, must be discarded. All other habits of life must be made correct. She ought to have general and local treatment for the disease, in addition to change of habits.

**Purulent Ophthalmia.**—C. L. H., Iowa, describes a case of the severest form of inflammation of the mucous membrane of the eyes in an infant five days old. The eyes were swollen shut and discharged pus very freely for five weeks. At the age of nine weeks the discharge still continues somewhat, the eyes being less swollen; but a white film has formed over one of them which nearly destroys vision upon that side. No treatment was given. Inquiry is made if a surgical operation will be necessary to remove the film.

*Ans.* A surgical operation will not be likely to effect any improvement. What seems to be a film is probably an opacity of the cornea caused by the prolonged inflammation. This cannot be relieved by an operation. It will be relieved somewhat by natural absorption in course of time, but will, probably, always be an impediment to vision. It was a great misfortune that the infant could not have had proper treatment, as this result might have been easily avoided.

**Eczema.**—S., Iowa., has suffered for several years from an obstinate skin disease. The eruption appears mostly upon the lower limbs, and is covered with whitish scales. Has taken much medicine without benefit.

*Ans.* The disease is probably eczema, a very obstinate form of skin disease. It can only be cured by a thorough course of treatment. The itching may be somewhat relieved by inunction with carbolated vaseline. Hygienic living and a prolonged course of treatment will be necessary to effect a cure.

**Dyspepsia—Consumption.**—S., Tenn., inquires: 1. What is necessary for a lady who has a weak nervous system, often troubled with sick headache, and spells of irresistible sleepiness? Has tired, aching feelings, indigestion, and a drawing sensation in region of stomach and under left side. 2. What is the trouble with a young lady who has had a dreadful cough for seven months, is getting very much reduced, expectorates very freely a white, frothy matter, suffers with shortness of breath and difficulty of breathing, etc.?

*Ans.* 1. The lady has dyspepsia and general debility of the nervous system. She should adopt a hygienic dietary, and would be greatly benefited by sun baths, electric baths, and Swedish movements, properly administered. 2. The disease is consumption, and is so far advanced that there is probably no chance for recovery.

**Croupous Diphtheria.**—A. A., Iowa, describes a form of diphtheria which is prevailing in Iowa in some places and is said to be a new phase of the disease. In these cases the diphtheritic membrane usually formed only in the mouth extends to the air passages, the larynx, trachea, and large bronchial tubes. Inquiry is made respecting the utility of placing a silver tube in the larynx, and in regard to the proper treatment of these cases.

*Ans.* This is not a new phase of the disease. It is only one of its most dangerous forms. The disease is the same, and the principles of treatment are the same as for ordinary diphtheria, but the measures employed need to be a little more energetic. The throat should be kept packed in ice, and the patient should be allowed to hold small bits in the back portion of the mouth. In cases in which there is imminent danger of immediate suffocation from the formation of the membrane in the throat, it is sometimes necessary and useful to perform the operation of laryngotomy or tracheotomy, inserting a silver tube into the larynx or trachea to supply the patient with air. A few lives have been saved in this way; but when the

disease has progressed so far as to make such an operation necessary there is very little hope of recovery.

**Headache.**—J. A. A., suffers from a constant dull pain in the upper portion of his head which affects his memory and confuses his mind. He wants a remedy.

*Ans.* Hygienic living, an abundance of out-of-door exercise—not too severe—and the use of the pack once a week with the alternate hot-and-cold foot bath daily, with the wet head-cap for a few weeks, will probably give some relief if it does not effect a cure. Dyspepsia and inactivity of the liver are the probable causes.

**Morning Study.**—S. T. M., Mich., inquires if studying before breakfast is an injurious practice.

*Ans.* The only injury likely to result from early morning study is impairment of the eyesight when artificial light is used.

**Pancakes.**—N. P. H., Minn., inquires if pancakes are healthy.

*Ans.* When they are made in the ordinary way they are very unwholesome. The burnt grease with which they are smeared in frying makes them very indigestible; and they are commonly rendered still more indigestible by the unwholesome articles with which they are eaten. Pancakes may be made in such a way as to be perfectly wholesome. They should be baked upon soapstone so that no grease will be required. See "Healthful Cookery" for further directions.

**Dandruff.**—Amicus, Cal., wishes a remedy for this disease, having suffered from it for many years.

*Ans.* Dandruff is due to an unhealthy condition of the scalp. The scalp should be thoroughly brushed and rubbed with cold water every day, should be shampooed with egg two or three times a week. Treatment must be continued for several months.

**Culinary Utensils.**—M. J. M. C. wishes to know which are the most healthful cooking utensils; those made of tin, iron, or porcelain.

*Ans.* Tin vessels are entirely unobjectionable for many purposes while they are nearly new, but are open to objection when the tin has worn off in many places. Tin vessels should not be used in cooking acid fruits. Sometimes the tin is adulterated with lead, and then becomes a source of poisoning. Iron vessels are unobjectionable for the cookery of some kinds of food, but should never be used in cooking fruit. Grains of all kinds are

much better when cooked in a tin or porcelain vessel. Iron vessels may be kept free from rust by scouring; or, if it is deemed necessary, they may be heated hot and then smeared with olive-oil or fresh butter, all of the superfluous oil being carefully removed. Porcelain is, without doubt, the best of all materials for cooking-vessels. Very old vessels in which the porcelain lining is much cracked are of course objectionable. Galvanized iron is in some respects better than common iron vessels.

**Blue Glass—Sleep.**—R. J. M., N. B., inquires: 1. Has blue glass any therapeutic value? 2. Has it ever been settled that the direction in which a person's head points during sleep has any effect upon the health?

*Ans.* 1. In our opinion, No. Blue light is less efficient than colorless light. See article in present number entitled, "The Blue-Glass Humbug." 2. There is no evidence that the direction of the head during sleep toward any particular point of the compass has any influence upon the health.

T. S. B. R., Seymour, Ind.: We could not tell what is the difficulty with the eye without a personal examination.

M. E. W., N. Y., We presume the new flour of which you speak is an excellent article, but have not yet had an opportunity to test it.

J. T. H.: There is no preventive of paralysis except careful living and avoidance of all violent excitements. There are no reliable precursory symptoms.

R. V.: Baths may be used during menstruation as well as at any other time, provided they are discreetly employed. The popular prejudice was formed when cold bathing was the fashion.

J. H. M., Pa.: Your little boy is not in a condition of health. Children may go without shoes in the warmest days of summer without injury, and the freedom will give their feet a chance to develop naturally.

W. R. C., Vt.: It is very likely that your little boy is suffering from worms, which are a source of irritation to his stomach and bowels, and his nervous system. Give him of the fluid extract of spigelia and senna, which you can buy at the drug store, a teaspoonful three times a day, before eating, continuing treatment three or four days if no traces of worms are found before. They should be carefully sought for, in order to decide the case. Give the child a thorough rubbing with the dry hand every day, and a general bath once a week.

# FARM AND HOUSEHOLD.

Devoted to Brief Hints for the Management of the Farm and Household.

—A good water-proof cement may be made by melting together, with a little water, five parts of glue, four of resin, and two of red ochre.

—A very tenacious mucilage, which is almost perfectly transparent, may be made by mixing rice flour with a sufficient quantity of cold water and allowing it to simmer over the fire for several hours.

**Great Farmers.**—Cyrus the Great claimed to be a Persian farmer. Frederick the Great amused himself by raising melons. Prince Albert made farming a specialty. Washington, Jefferson, Madison, and Webster were all farmers.

**Bronzing Mixture.**—Mix six parts sulphate of potash, six parts acetate of lead, twelve parts chloride of ammonia, three parts each of acetic acid and hydrochloric acid, by dissolving in a quantity of water sufficient to make a solution. Applied to any article composed of copper, brass, or zinc, it gives a fine bronze appearance.

**Coal-Tar for Fence-Posts.**—Coal-tar is an excellent preservative for fence-posts if properly used. It should not be used alone, since it contains acids which are destructive to the wood; but when combined with quick-lime it becomes a most effective preservative. Mix half a bushel of quick-lime with a few gallons of water and thoroughly mingle it with a barrel of coal-tar. Apply freely to the portion of the post which is to be in contact with the earth.

**Regularity in Feeding Animals.**—Regularity in feeding domestic animals is as necessary for their health as for that of their owners. An exchange has the following good paragraph on the subject:—

It is very comfortable in cold weather to sit by a warm fire. Many who have the care of stock dislike to leave warm quarters, and cling to the fire-place, letting half-hour after half-hour pass by, while the hungry stock are shivering and hungering for food and water. An animal loses flesh rapidly under such treatment. Brutes are the best time-keepers in the world. Their various wants should have attention at the very minute daily. If hired men

will not be prompt in taking care of stock, if they do not sympathize with the brutes in winter, they ought to be discharged and more humane men employed in their places.

**Invisible Writing.**—Now that postal cards are so extensively used it has no doubt occurred to many persons that some kind of invisible ink, that could be easily used, would be very convenient on many occasions. Perhaps such may find the following suggestions useful:—

Add a dram of sugar or a teaspoonful of mucilage to a solution of chloride or nitrate of cobalt. Words written with this ink become visible by subjecting the writing to gentle heat. A lamp, candle, or even a lighted match will furnish sufficient heat.

Buy at the drug store a dram of tincture of iron. Mix it with an ounce of water, and write upon the card with it. To develop the writing, pour over it an infusion of tea or tannin, which will cause the writing to appear in black.

There are numerous other ways in which writing may be rendered invisible until developed by the proper means, but the above are the most simple and effective.

**Danger from Kerosene Lamps.**—Most people are so careless in the use of kerosene-oil lamps that it is really remarkable that many more disasters than do result from this cause are not reported every day; yet the newspapers abound with accounts of loss of life and property through carelessness in the use of this very combustible substance. One of the greatest dangers is risked in the common practice of turning down the wick so that less oil will be burned, as when a light is kept burning during the whole night with watchers or for any other reason. When a lamp is burning thus, the gases which are developed by the heated burner are not perfectly consumed, but escape into the air in conjunction with large quantities of fine particles of soot. These deleterious agents not only poison the air, and thus render it injurious if breathed, but also clog the air passages and thus in some cases produce suffocation. Several instances have occurred in which a fatal result was barely escaped.

# POPULAR SCIENCE?

In this Department Will Be Noted the Progress of Science, New Discoveries and Inventions.

**Musical Sand.**—Mr. Fink, a gentleman who has recently returned from the Sandwich Islands, has discovered a peculiar kind of sand which produces a musical note when shaken up in a bottle. Large masses of it in motion produce a subdued roar. Upon microscopic examination the sand is found to consist chiefly of minute coral shells. The sound is supposed to be produced by means of the resonance of the cavities in the shells, each producing a sound so faint as to be imperceptible alone, but helping to form quite a loud note when combined with many others.

**Ocean Wells.**—An ingenious Frenchman proposes to supply the demand for fresh water, which sometimes becomes such an imperative necessity to sea voyagers, by means of the numerous fresh-water springs which are known to abound at the bottom of the ocean. He thinks that the mouths of these springs may be found and made to communicate with the surface of the water by long tubes, the lower ends of which are inserted into the mouths of the springs while the upper ends are supported by means of buoys. By this means, regular watering stations could be established at numerous points for the accommodation of shipwrecked sailors.

**The Earth's Center Solid.**—Prof. Roscoe, a noted scientist, remarks as follows respecting the physical state of the earth's center:—

“It has recently been shown by Mr. Mallet that the fact of volcanoes throwing out liquid rock may not be inconsistent with the view that the earth as a whole is solid. Mr. Mallet's investigations go to prove that this liquefaction of the rocks which we observed may be produced at no very great depth from the earth's surface by the shifting and rubbing together of the rocks, owing to cracking due to the alteration of the temperature, just as boys at school rub a button on the bench until it is hot, when they often place it on their neighbor's cheek. Applying the laws of the mechanical theory of heat to this problem, Mr. Mallet believes that the friction of the rocks, caused by the secular cooling of the earth and the consequent shrinkage, is a sufficient and a satisfactory explanation of the occurrence of the high temperature of volcanic action.

“Sir Wm. Thomson, also, than whom no one is more capable of expressing an opinion, decides in favor of the earth's solidity. He tells us in an address that the conclusion concerning the solidity of the earth originally arrived at by Hopkins is borne out by a more rigorous mathematical treatment than this physicist was able to apply; so that the idea of geologists, who were in the habit of explaining underground heat, ancient upheavals, or modern volcanoes, by the existence of a comparatively thin solid shell resting on an interior liquid mass, must now be given up as untenable.”

**Extinct Animals of North America.**—We quote the following abstract of an address delivered by Prof. Flower, F. R. S., before the Leeds Philosophical Society, on the above subject:—

“When naturalists attempt to reconstruct a history of extinct animals, they have to gather evidence from fossils in rocks or stones, and from deeply buried remains of the harder and more imperishable parts of these animals, such as their bones, teeth, shells, etc. Most wonderful deposits of this kind have lately been found in the western part of North America, especially between the river Mississippi and the Pacific—a wide region, which has only of late been opened up for scientific exploration.

“At one place the deposits were found fully a mile in depth, upon what must have been in some remote age the bottom of a great fresh-water lake. Among these North American remains, there were found traces of an animal which has in the course of ages apparently developed into the horse of our own day. The earliest remains seem to represent an animal not much larger than a fox, and possessing the principal anatomical characteristics of the horse, but with some differences in teeth and hoofs. The later remains of succeeding epochs appear to show the same animal becoming larger, first growing to the size of a sheep, and then as large as a donkey, while at the same time the minor distinctions which distinguished it from the horse of our own period gradually disappeared. The same explorations have shown that once there were in North America many curious kinds of rhinoceros, as well as in the

southern parts of Africa and Asia, where alone these animals are now found.

"There have also been found there the remains of some creatures, apparently intermediate in their character between the sheep and the pig—different as these two classes now appear to us. There is scarcely any group of animals now existing of which some representative has not been found in these North American excavations, while there are likewise found many which we cannot classify with any existing order. Of all birds at present existing, none are known to have teeth; but there have now been found, among the remains in the chalk formation, distinct traces of two or three kinds of large water-birds which had long rows of true teeth. There has also been found, in the same productive field, an enormous and interesting fossil vegetation, opening up to the botanist as well as the naturalist something like a new world of past life."

### News and Miscellany.

—Pope Pius is said to have \$32,000,000 deposited in the bank of Italy.

—It is credibly stated that the royal family of England cost that country \$35,000,000 annually.

—Through the influence of the Reform-Club movement, 100,000 persons have signed the pledge in Pittsburgh and its vicinity.

—16,000,000 pounds of copper were sent to Europe from the Lake Superior mines last year to be used in the manufacture of cartridges.

—Bishop Hare estimates that about one-fourth of all the Indians in the United States have embraced Christianity and become civilized.

—In the West, where there is a great scarcity of wood and coal, machines have been invented for the purpose of twisting hay and straw into sticks for fuel.

—It is said that the Khedive of Egypt has become very unpopular with his subjects, and is making preparations to leave in haste in case he is obliged to abdicate.

—A man has just returned to Boston after a horseback journey across the continent to San Francisco. He left the Hub last May and was two hundred days on the road.

—Ohio has passed a compulsory-educational law which requires that all children between the ages of eight and fourteen years shall attend school at least twelve weeks of every year.

—In Madagascar, liquor-dealers are held responsible for all damage done by their customers while drunk. A similar law in this country would be a powerful check on intemperance.

—The deepest well in the world is situated about twenty miles from Berlin. It is 4,194 feet, or nearly one mile in depth, and penetrates a deposit of salt to a depth of more than half a mile.

—California boasts an eight-year-old girl who has two heads, one of which is a brunette, the other a blonde. It is said that the two heads may hold conversations with two persons on different subjects at the same time.

—Several towns in Pennsylvania are supplied with fuel and gas-light from natural gas-wells which abound in the oil regions. One well supplies a pipe of five inches in diameter, and maintains a pressure of sixty-five pounds to the inch.

—Some idea of the exports from this country may be gained from the fact that in the first week of March 100,000 bushels of corn, 2,000 bbls. of apples, 90 tons of beef, 500 bbls. of shoe pegs, and numerous other goods in equally large amounts, were shipped from New York City on a single day.

—Of the entire revenue received from the British Customs, 38 $\frac{1}{2}$  per cent. is derived from the tariff on tobacco, 33 $\frac{1}{4}$  from that on spirits, 18 $\frac{1}{2}$  from tea, 8 $\frac{1}{4}$  from wine, and the small remainder from miscellaneous articles. Last year the consumption of spirits reached an average of 36 gallons to each inhabitant.

—According to official returns there were 552 suicides committed last year. Shooting, hanging, and poisoning were the three favorite means employed. Thousands of other people committed suicides by the use of such poisons as tobacco, alcohol, and opium, as well as by other injurious habits, who are not included in the list.

—Those who are afraid that this country is in danger of being Mongolianized find some ground for apprehension in the fact that the Chinese Empire contains 600,000,000 people, while the United States contain only about 50,000,000. China could spare a population equal to that of this country, and be benefited rather than impoverished by the loss.

—A young man who was confined in jail in Newark, N. J., awaiting execution for murder, was found dead in his cell a few days ago by the keeper in his morning rounds. It was announced that he came to his death in "some manner unknown." The mystery should have been explained by the fact that the night before his death the jail physician prescribed for him "Bourbon whisky, champagne, Milwaukee lager beer, spirits of ammonia, a compound containing ether, and strong green tea."

—As a cheap laborer, the Chinese immigrant is pronounced, by the joint committee who have been in California investigating him, an undoubted success; as a neighbor, a nuisance; as a prospective citizen and voter, a grave public peril, which President and Congress had best be bestirring themselves to avert. The joint Congressional mind finds itself forced to the conclusion that, unless we are ready to see our institu-

tions submerged by a tidal wave of paganism and pig-tails, we cannot be putting up the dykes too promptly. The specific recommendations are an overhauling of the treaty with China, and such legislation by Congress as may be necessary to "check the influx."—*N. Y. Sun.*

—The English Anti-Tobacco Society propose a Parliamentary inquiry into the correctness of the opinion expressed by physicians that the increasing smoking and chewing of tobacco is one of the sources of physical deterioration of the factory population, and also into the practical operation of the Swiss law which prohibits the use of tobacco by boys.

## Literary Notices.

ILLUMINATING OILS IN MICHIGAN. By Prof. R. C. Kedzie, M. D.

Through the courtesy of Dr. H. B. Baker, Secretary of the State Board of Health, we have received a copy of a lecture delivered before the State Legislature by Dr. Kedzie, on the above subject. The statement of facts which it embodies is of the most intense practical interest. Through the efforts of the State Board of Health, laws have been enacted for the prevention of the sale of kerosene oil of a dangerous character on account of its explosibility. The good results of these laws have been in the immunity from accidents which they have secured. Before they were enacted, the newspapers abounded with accounts of accidents from the use of kerosene. Fatal accidents were frequent. Since the laws were enforced, no serious accident has been recorded. Oil-refiners and speculators have taken advantage of the law, by so adulterating oil as to deteriorate its burning qualities. Dr. Kedzie's lecture was chiefly for the purpose of calling the attention of the legislature to the necessity of enactments to prevent this nefarious business.

EXERCISE IN HEALTH AND DISEASE. By T. A. Foster, M. D., Portland, Me.

This paper, reprinted from the "Transactions of the Maine Medical Association" is full of plain common sense and wise instruction. The author recommends honest labor as the most healthful kind of exercise. He very justly remarks that "base-ball playing and boating have so largely taken on the character of professional gambling that, as healthy exercise, they may as well be left out altogether and classed with cock-fighting and horse-racing."

UNION LEAFLETS. New York.

A neat package of fourteen little tracts devoted to the subject of temperance, and especially designed for use by the Women's Christian Temperance Unions, a system of organizations which have grown out of the Woman's Temperance Crusade of three years ago, being the

"sober second thought" of the earnest workers who engaged with so much enthusiasm in that remarkable work. The leaflets were prepared by a committee appointed by the Woman's National Christian Temperance Union, of which Miss Julia Colman, an author well known to the majority of hygienists as an able writer on food preparations, was the chairman. There are fourteen small tracts in a package, each of which is a gem of truth. We hope for these leaflets a wide circulation, and trust that they will accomplish a great amount of good.

ROBERT'S RULES OF ORDER. Chicago: S. C. Griggs & Co.

This house has acquired a reputation for issuing only first-class works, and the one before us is one of the best which the publishers have yet offered to the public. It is an admirable manual of parliamentary rules, based upon the rules and practice of Congress, and contains clear, concise, and complete directions for "organizing and conducting the business of societies, conventions, and other deliberative assemblies." Its superiority over all other works of the kind extant is universally admitted. For simplicity and convenience of arrangement it could hardly be excelled. An ingeniously constructed table in the first part of the book contains the answer to two hundred questions in parliamentary practice. By means of this table one can tell in an instant whether any given motion is in order, whether a question is debatable or may be amended, with numerous other questions the proper decision of which is often of the greatest importance.

## SEASONING.

—Every one complains of the badness of his memory, but nobody of his judgment.

—AN Irishman complained to his physician that he stuffed him so with drugs that he was sick a long time after he got well.

—An illiterate correspondent, who is given to sporting, wants to know when the "Anglo-Saxon race," so much talked about, is coming off.

—"How came you to have such a short nose?" asked a city dandy of a country boy. "So that I should not be poking it into other people's business," was the reply.

—The solemn punster of the Burlington *Hawk-Eye* rescues this from oblivion: The other day some of the boys induced a young man from Flint Creek to take hold of the handles of a galvanic battery. As it puckered him up he roared, "Jiminy Criminy, let up! Who ever heard of a thing that could make you taste green persimmons with your hands before."

## Items for the Month.

A BLUE CROSS by this paragraph signifies that the subscription has expired, and that this number is the last that will be sent till the subscription is renewed. A renewal is earnestly solicited.

AGENTS WANTED to sell our new work. Send for agents' circular. A copy of the work with circulars to use in canvassing will be sent, post-paid, on receipt of \$1.50.

Persons who apply for the agency of "Plain Facts" should state the amount and the location of the territory for which they wish to apply. We wish to secure a thorough canvass of the country, and expect agents to make a thorough canvass of the sections for which they apply.

We are now prepared to fill orders for "Plain Facts" in any quantity. The little delay has been occasioned by our determination to make the book as absolutely perfect in every respect as possible. No pains nor expense has been spared to make the typographical mechanical execution of the work first-class in every particular. All who have seen it unhesitatingly pronounce it as the most handsome volume ever issued from this Office.

Every person sending a remittance to this Office should be very careful to direct the envelope plainly; to sign the name in full, giving the name of the post-office and county as well as the State; and lastly, to be sure and inclose the amount stated in the letter. Several letters have recently reached us which were said to contain specified sums of money when they contained none. In some instances the next mail brought the amount, the sender having discovered the error; but mistakes of this kind are sometimes rather annoying. They may be avoided.

Our readers will be especially interested in the sketch, begun in this number, of Eld. Andrews, whose portrait appears on the first page. Many of the readers of the REFORMER are personally acquainted with Eld. Andrews. Others are acquainted with him through his contributions to this journal, which were quite frequent while he was a resident of this country. We regret that his missionary labors are so arduous that he now seldom finds opportunity to favor us in this direction, as his articles always added interest and instruction to our pages.

We hope our hygienic friends will not forget to circulate our health publications among those who are in ignorance of these truths. There is an unlimited field for useful missionary labor in this direction. There is still a short time to work before the busy season begins again. Every unselfish man will be anxious that his friends should receive the same benefits that he has himself received from a knowledge of the truths of hygiene. Every copy of the HEALTH REFORMER circulated may be the means of saving a life, or of restoring to health some suffering invalid. Let us be diligent in doing good, and we shall earn the reward of a happy, contented mind, and the gratitude of our fellow-men.

We have left a few copies of the extra edition of the almanac, printed on fine, tinted paper, and covered with enameled paper, printed in bronze and black. Just the thing to send to friends who are not yet interested in reform, as it presents a neat and attractive appearance. Retail price, 15 cts. We will send ten copies, post-paid, for \$1.00.

## A BOOK FOR THE TIMES.

# Plain Facts about Sexual Life!

This work, announced several weeks ago, is now ready. It treats upon all subjects pertaining to the

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The work is full of information on a most important subject, and

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